

# AQUARIUS

JUL  
2015

DH15

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# 86

**BODY-SHAPING,  
BUDGET-SAVING  
STYLE BUYS!**

**IS IT OK NOT  
TO LOVE YOUR  
DAY JOB?**

**REAL-LIFE STORIES**

**"MY CHILDHOOD WITH  
ANOREXIA"**

And how to notice  
it in your kids

**AT HOME**

Fun food to make  
with children

+

Fab summer breaks  
for every budget

**"Curves  
are the new  
beautiful"**

**Amanda Seyfried**

ON RESISTING SKINNY PRESSURE

# THE *body* ISSUE

**UAE's fat phobia**  
Shapely celebs  
we love to love  
**What men think  
about our bodies**

DH15 BHD1.75 KWD1.25 QMR1.7 QAR16



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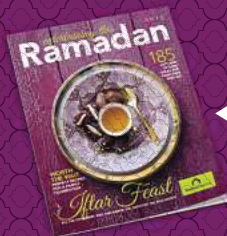
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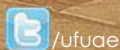
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COVER PHOTO BY CORBIS

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# WE ARE PROUD OF OUR ACHIEVEMENTS

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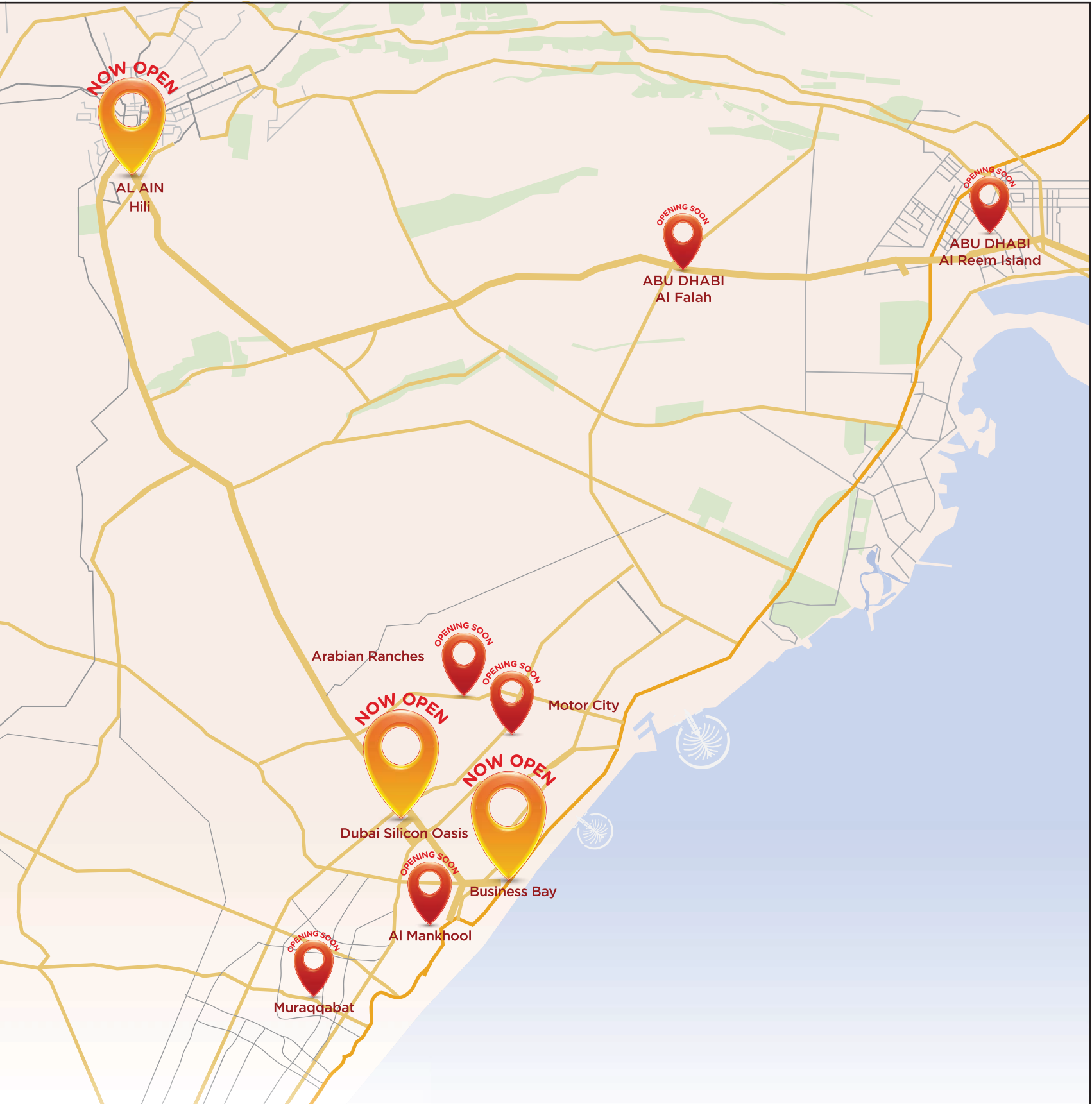
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# editor's letter

IT'S A SAD TRUTH THAT 80 PER CENT OF THE WOMEN READING THIS HAVE HATED ON THEIR BODY TODAY. It reminds me of when I went shopping with a good friend who was on the hunt for a pair of black trousers. As she tried on pair after pair, rejecting the images she saw in the mirror, her comments became more aggressive. And her aggression and loathing was aimed at herself.

It was upsetting to witness. Here was a beautiful, strong, clever woman who I love and respect, berating herself with mean jibes, which were completely untrue, about her body shape. Eventually I said, "Please don't talk about my friend like that. I wouldn't let anyone else talk about you like that. I don't like hearing it. It is mean and untrue."

It was a strange tactic. But the point was valid. Women's self-talk about our bodies can be vile. And with stats showing that most of us have these little rants at ourselves approximately 13 times a day, it isn't too far-fetched to say we are bullying ourselves. I am as guilty as the next woman. But these days if I hit the shops and nothing looks right, I leave and go back another day when my eyes are kinder. Because I know it is not my body that is ugly, but my vision.

Considering how widespread and long-term this issue is for women, body dysmorphia and eating disorders are still relatively taboo. Which is why I am totally in awe of the three amazing women who have opened up their hearts in this month's issue to talk about their battles with eating disorders. I know they are hoping – as we are – that by speaking out, they can help women still disrespecting their bodies. Their bravery and commitment to helping other women is honourable and no doubt will have a positive impact on many lives. It makes you think, what would happen if we all opened up...?

Have a wonderful self-respecting July!

Louisa

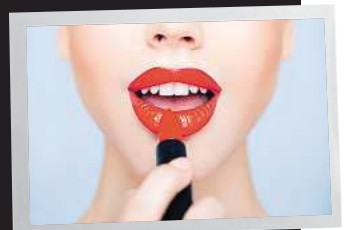
## THIS MONTH I'M...

Healing my hair. With all the humidity, salty sea and chlorine-rich pools, my hair is taking a beating and looking more dreadlock than lush locks. Check out these three hair saviours that will get your hair looking and feeling softer and smoother in no time.

1. Sachajuan Hair Control Treatment Dh330, Harvey Nichols
2. Lancaster Sun Beauty Hair Spray, Dh110
3. Marc Anthony Argan Oil Spray, Dh65, Lifestyle



AQUARIUS  
BEAUTY  
HEROES 2014



Are you an avid beauty buff? We are gearing up for the next issue of the *Aquarius Beauty Heroes* and we are looking for women to help us trial mountains of products. Interested? Email us at [aquarius@gulfnews.com](mailto:aquarius@gulfnews.com) telling us (in less than 300 words) what your favourite beauty product is and why. Deadline – July 19.

# WHAT WE GOT UP TO THIS MONTH

Take a sneak peek inside the world of Team *Aquarius*



## THE HILLS ARE ALIVE!

SERTIG DAVOS, SWITZERLAND

Switzerland Tourism sent our art editor Mel on a Grand Train Tour of the stunning Swiss countryside – here she is fighting the urge to burst into song à la *The Sound of Music!*

## FOR THE LOVE OF SHOES

CLARKS 190TH ANNIVERSARY

Deputy editor Tabi flew to the UK with Clarks Shoes to visit its historical headquarters in Street, Somerset, followed by a preview of the fascinating new exhibition Clarks is sponsoring at the Victoria and Albert Museum, *Shoes: Pleasure and Pain*.



## ANOTHER SIDE OF BANGKOK

CENTRAL EMBASSY MALL

Sub-editor Faris Al-Jawad discovered the five-star side of Bangkok on a trip to mark the first anniversary of the swish Central Embassy mall.

## ON-THE-JOB EXPERIENCE

AQUARIUS INTERN

We've been joined by journalism student Karina Sharma while she's on holiday from her university in the US – check out her story on page 38! Email [aquarius@gulfnews.com](mailto:aquarius@gulfnews.com) if you're interested in being the next *Aquarius* intern.



## GLAMMING IT UP

INSIDEOUT AWARDS

*Aquarius* associate publisher Katie Heskett (second from right) took time off her maternity leave to attend the hugely successful Home of the Year Awards, held by our sister publication *InsideOut*.



## CONTRIBUTORS

*We asked: What body hang-up have you got over?*



**Olivia Cuthbert, who wrote our Summer Breaks travel story**

"I've been in a lifelong battle with my fluffy, unruly hair and put it through every taming treatment imaginable. Though I've not entirely mastered it, a middle ground has now emerged with a more accepting, au naturel approach."



**Claire Glasby, who wrote our parenting story 'Me, my selfie and I'**

"My face – I used to obsess about my broken nose and the way my eyes looked. While I may not always be happy with the way I look first thing in the morning, this is me, and my kids and husband love me just the way I am, so why change?"



**Angela Boshoff Hundal, author of our career story 'It's OK not to love your day job'**

"I've waged a war with my body since my teens. My bum and thighs get chubby easily and I've always hated them – until I had my baby. Now I know that a woman's body is beautiful and powerful, and I appreciate and respect every part of it."



**Aoife Stuart-Madge, author of our cover story on Amanda Seyfried**

"I used to be paranoid about my stomach but since I got pregnant I've learned to love my belly. It's liberating not to have to hold my tummy in, and knowing there's life growing inside me puts past body hang-ups into perspective."



**Lindsay Judge, Aquarius acting fashion director, who oversaw this month's makeover and fashion pages**

"I used to hate being tall and that my legs were so long, but I've come to realise that it really is a good thing – as long as I stick to wearing flats I'm fine!"



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Head of Urology  
Department &  
Consultant Urologist  
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Clinic Foundation  
Fellowship, USA



Dr. Deepak Janardhanan  
Specialist Urologist  
MBBS, MS, MCh.,  
Dip. in Laparoscopic Urology  
(France)

MOH No: SE27485

# what you got up to this month

## MUMMIES AND MORE

Readers joined us for some more fab events this month



We held two Mummy Mornings this month – one at the impressive Tiny Feet Nursery in Umm Suqeim (more on pg26) and one at Big Chefs cafe, JBR The Beach, with first aid demonstrations from The Dive Centre and baby advice from Cecile de Seally, from Baby Senses.

## SKATING DREAMS

Kathryn White won her daughter a special Avengers skateboard in our Facebook competition: "Chloe is beside herself, she's wanted a skateboard for months!"

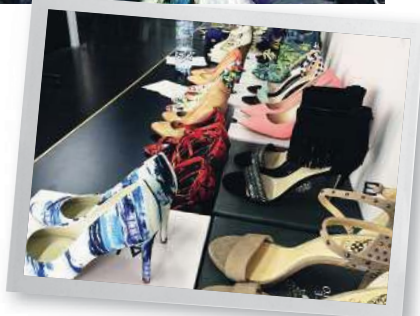


Our mums went home with lovely body products to try from natural Ayurvedic range Urban Veda!



## SUMMER MAKEOVER

Three of our lucky readers were professionally styled for their different body shapes in our summer dress fashion special.



## AQUARIUS

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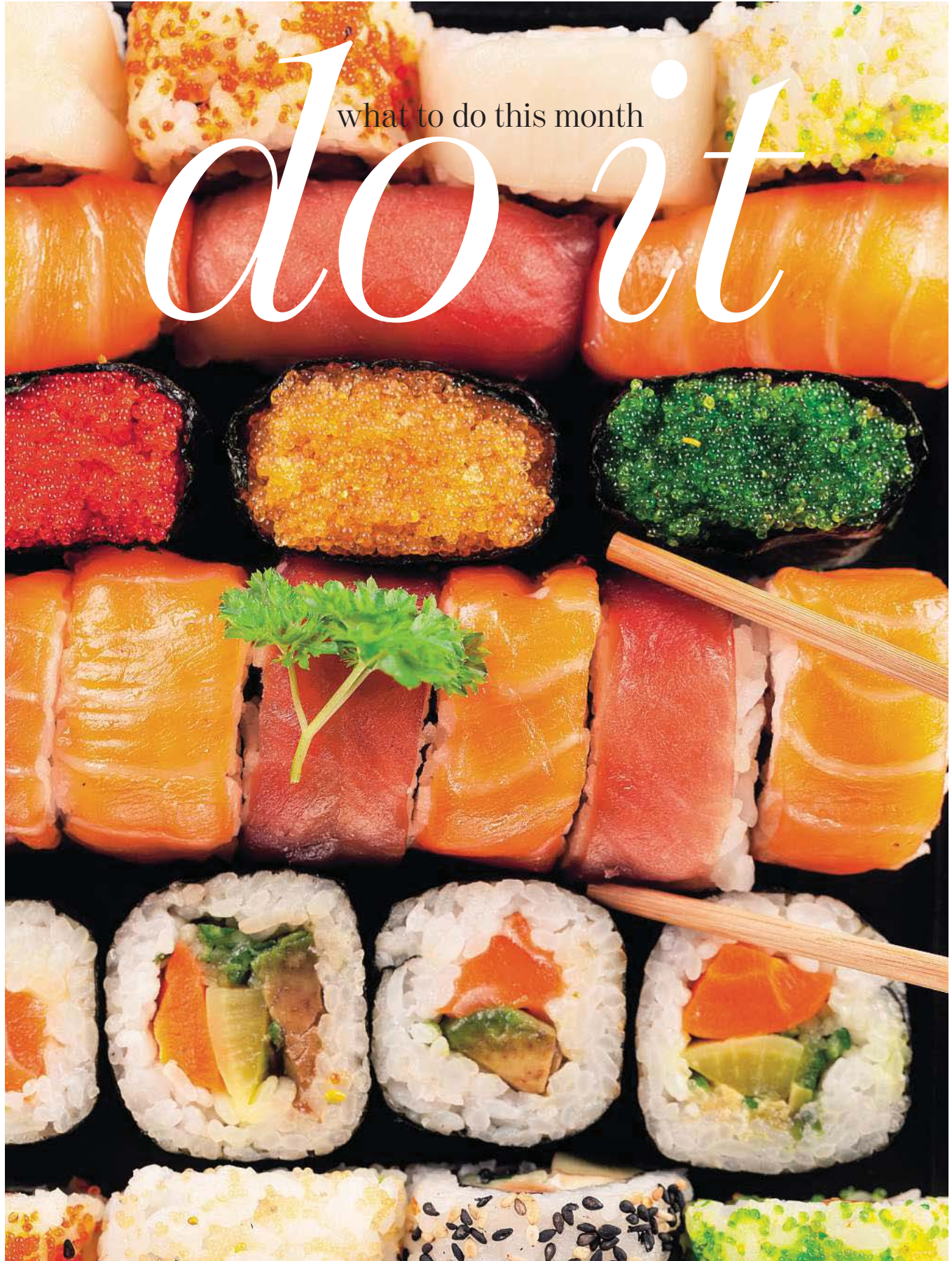


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## 5 OF THE BEST LUNCH DELIVERIES

### 1 ROLL ME UP

**Where** Sushi Art, The Beach, JBR

**The low-down** Rows and rows of dainty, delicious sushi rolls with the freshest fish, the fluffiest rice, the fattest prawns and the most succulent avocado; our delivery from Sushi Art had us all in satiated silence for quite some time. With a crazily creative

selection of rolls and makis, including a large vegetarian range, this is a great option if you're looking for a light, healthy lunch that'll fill you up as well as taste absolutely fabulous.

**Price** Lunch boxes with 18 pieces of sushi Dh59

**Don't miss** The ridiculously tasty miso soup and the filling chicken and avocado rolls. Call 800 220. »



## 5 TOP PICKS FOR

# LUNCH DELIVERY

IT'S TOO HOT TO VENTURE OUTSIDE. LUCKILY, DUBAI PRETTY MUCH INVENTED HOME DELIVERY...

### 2 MAMMA MIA!

**Where** Saporì di Bice, JBR and City Walk

**The low-down** We were bowled over to discover this fab family restaurant does delivery, but even more impressed by the standard of the food when it arrived. Like transmuting a gourmet Italian restaurant into your office or home, we feasted on pillowy ravioli and sumptuous rigatoni in delicious sauces, fresh quinoa and caprese salads with the meltiest mozzarella, and some of the finest pizza we've had this side of Napoli (you know when the crust is tasty enough to be a meal in itself?).

Gluten-free pasta is also available.

**Price** Pasta mains Dh50-Dh72.

**Don't miss** It's all delicious!

• [www.saporidibice.com](http://www.saporidibice.com), 04 551 6349 and 04 344 2550.

### 3 GUILT-FREE PIZZA

**Where** Freedom Pizza, branches all around Dubai

**The low-down** We stuffed our faces with pizza after pizza with not a hint of guilt; bases are wholegrain or gluten-free, creamy mozzarella is locally produced, organic and fresh, crunchy, flavoursome veggies are nearly all organic and locally grown. We tried a few

favourites from the menu but you can also build your own, and opt for a tasty salad on the side if you really want to be healthy (although we forgot all our good intentions when we spotted the gorgeously gooey, chewy gluten-free chocolate brownies for dessert).

**Price** Small pizza from Dh32, large from Dh52.

**Don't miss** We loved the super-healthy Mother Earth, stacked with organic veggies, and the baked chicken tenders.

• [www.freedompizza.ae](http://www.freedompizza.ae). Order online or find your nearest branch to call.

### 4 THE HEALTHY OPTION

**Where** Kcal, branches around town

**The low-down** This could possibly be the best thing since sliced bread; delivery so we don't have to cook, totally yummy dishes from a range of world cuisines and best of all, calorie-counted so you don't have to ditch the diet. We had a selection of light bites, salads and mains including a heartily filling Mexican beef soup, a surprisingly satisfying pasta-free lasagne and a really moreish Asian chicken salad. We were also pleasantly surprised to see food intolerances and special diets such as Paleo catered for. All the food was fresh, tasty and well-packaged, and our delivery guy was one of the speediest we've met.

**Price** Starters Dh14-Dh22, mains Dh40-Dh49.

**Don't miss** The Vietnamese spring rolls; all the taste, none of the grease.

• [www.kcalhealthyfastfood.com](http://www.kcalhealthyfastfood.com), 600 595 955



### 5 A ROYAL DELIVERY

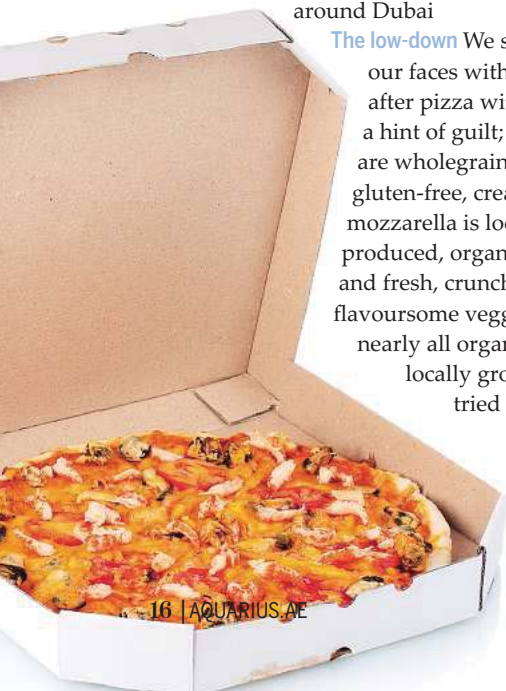
**Where** Royal China Kitchen, DIFC

**The low-down** We've been searching for a good-quality Chinese delivery for years and we've finally found it! The take-away arm of this swanky DIFC outlet doesn't compromise on quality – there's no scrimping when it comes to the meat and seafood mains; our prawns with cashews was chock-full of huge and plump, juicy prawns, while the chicken with peppers and blackbean sauce was a protein-packed taste sensation.

**Price** Meat mains from Dh78, noodle and rice dishes containing meat and seafood from Dh48. Dim sum from Dh28.

**Don't miss** The fat, fluffy, flavourful dim sum – we can't stop thinking about it!

• 04 207 9989 AQ



do it

THIS MONTH WE'RE...

# off to Wimbledon

IT'S CHAMPIONSHIP MONTH AND WHO DOESN'T LOVE TENNIS SEASON? LONG SUMMER DAYS, CRISP TENNIS WHITES, STRAWBERRIES AND CREAM...

Let's get ourselves kitted out! We'll be heading to **Banana Republic** for this oh-so-cute pleated skirt, **Charles & Keith** for these comfy tennis shoes and **New Look** for this on-trend cropped tee. Oh, and we might just treat ourselves to these tennis-inspired chunky heels from **Steve Madden**.

Then, with bulging shopping bags, we'll be off to get our talons and toes polished to perfection at **The Nail Spa** with a shade from Essie's latest summer collection. We can choose from cool blues, a radiant white, a mouth-watering strawberry pink... Perfect for courtside action.

Or, if we're off on a night out, we'll be popping into **Sugar Urban Nails** to choose from **Serena Williams' Glam Slam!** collection from OPI for totally jazzed-up hands and feet. Ace.

To keep us going while we watch a few sets we'll be tucking into – what else? – quintessentially English scones with clotted cream and strawberry jam at the **Rhodes W1 afternoon tea** in the Grosvenor House.

Then, for dinner, we'll be calling our favourite **Jones The Grocer** who has just started delivering its legendary roast dinner all year round. We'll be filling our bellies with traditionally cooked British roast beef, lamb or chicken and all the trimmings; Andy Murray himself would be proud!



Top, Dh45,  
New Look



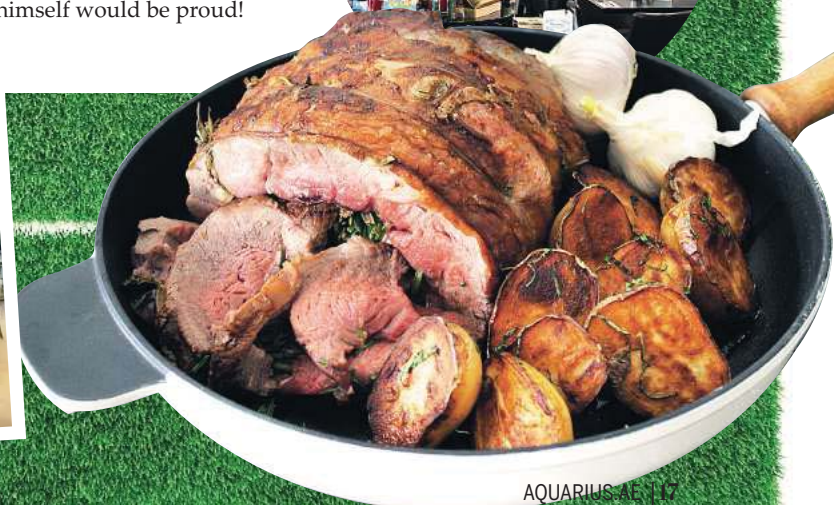
Skirt, Dh425,  
Banana Republic



Shoes, Dh259,  
Charles & Keith



Shoes,  
Dh369, Steve  
Madden



do it

## SEE IT *hitting the cinemas this month*



### THE POSSESSION OF MICHAEL KING

★★★★★

July 2

Shane Johnson and Ella Anderson lead the cast in this creepy horror about the supernatural world. Filmmaker Michael King – complete disbeliever – invites a host of occult practitioners to prove him wrong, with disastrous results...



### A ROYAL NIGHT OUT

★★★★★

July 23

Emily Watson, Sarah Gadon and Bel Powley star as Queen Elizabeth and the princesses Elizabeth and Margaret in this touching tale of love, royalty and coming of age at the end of the war. VE Day in 1945 brings a host of celebrations, which the princesses are allowed to attend; but are they celebrating only victory and peace, or personal freedom and perhaps the first flutterings of romance?



### THE GIFT

★★★★★

July 30

This tense, dramatic thriller tells the story of newlyweds Simon and Robyn (Jason Bateman and Rebecca Hall). A chance encounter with an old high school acquaintance of Simon's and a series of unexpected gifts threaten to disrupt their happiness; what happened all those years ago, and what's the connection with the gifts? Robyn begins to wonder how well we can ever know a loved one and their past.



## HEAR IT

ACCALIA HIPWOOD, HOST OF RADIO 2'S *AFTERNOONS WITH ACCALIA*, GIVES US HER ALBUM PICK FOR THE MONTH

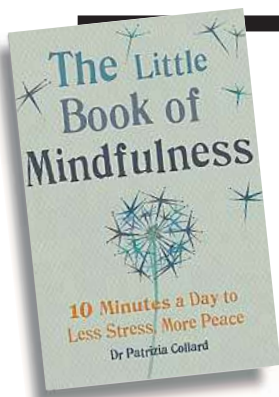
### THIS MONTH, I'LL BE LISTENING TO *HOW BIG, HOW BLUE, HOW BEAUTIFUL* BY FLORENCE + THE MACHINE

"I love Florence + the Machine; it's Florence Welch's voice and its emotional impact that does it for me, it's built for drama. I've been eagerly awaiting the release of their third album *How Big, How Blue, How Beautiful*, especially after the initial teasingly solid single releases, with *What Kind of Man* being a particular favourite. This new album is epic. It's a powerful combination of Florence's vocals and the vigorous instrumental of her band."

Get your copy from major music retailers in the UAE



PHOTO BY GETTY



## READ IT

### THE LITTLE BOOK OF MINDFULNESS DR PATRIZIA COLLARD

Psychotherapist, mindfulness teacher, lecturer and stress

management consultant; it's safe to say Dr Patrizia knows her stuff when it comes to meditation and mindfulness. In this, a pocket-sized book perfect for your handbag, she teaches you a host of simple five- and 10-minute practices that

can be easily incorporated into your day to reduce stress, promote calm and find peace without adding to your already busy workload. Perfect for the quieter summer months and the reflective time of Ramadan.

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## 3 summer offers



### BRAVE THE BEACH

**What:** Summer package  
**Where:** Zero Gravity, 04 399 0009  
**How much:** Dh150  
From the first day of Eid, pay an upfront cost of Dh150 and you'll get all-day access to the lovely

beach at Zero Gravity, along with a Dh150 food and beverage voucher (making it basically free!). Sit back on your sunlounger and enjoy full waiter service and beautiful sea views, or pop into the restaurant, garden or terrace for a slap-up meal. There's also a new range of watersports on offer – prices vary.



### PAMPER YOURSELF

**What:** Summer Indulgence package  
**Where:** Raffles, 04 314 9870  
**How much:** Dh399

Round up the girls and treat yourselves to a relaxing afternoon with a combination of massage and afternoon tea. Dh399 will bag you one of a choice of 60-minute massages in the Raffles Spa, plus delectable treats at The Collection – Fashion Afternoon Tea in the Raffles Salon, where you'll get to sample all manner of goodies including salmon sandwiches, chicken pie and a host of fashion-inspired sweet treats such as strawberry stilettos and raspberry cupcake clutches. Offer valid until September 17.



### TAKE A DAYCATION

**What:** Summer Daycation package  
**Where:** Jumeirah Zabeel Saray, 04 453 0456  
**How much:** Dh500 per person

Fit everything into one day with this comprehensive package; your Dh500 will get you all-day pool and beach access, an invigorating Turkish hammam experience in the opulent Talise Ottoman Spa and a delicious dinner at Amala, the Indian restaurant offering Mughlai cuisine with influences from Turkey and Iran. And if you have little ones to entertain, there's access to Sinbad's Kids Club thrown in too. Offer valid until August 31, book in advance to avoid disappointment.

## TRAVEL TRICKS



### A BOX FULL OF HAPPINESS

Local children's activity box creators Happy Box have teamed up with Harvey Nichols to create a special-edition box geared towards the summer holidays. Whether you're jetting off to cooler climes or braving the heat of the UAE, you'll find plenty to keep little ones occupied; there's arts, crafts and activities, designed to be done with a parent and encourage quality time together. They're even stashed in a travel luggage case in keeping with the holiday theme. Dh250 per box, exclusively from Harvey Nichols. 04 409 8888



### A BAG OF SURPRISES

Keep your little ones busy on planes, trains and in automobiles with a handy travel bag from kids' activity specialists KenziBox. Packed in a reusable drawstring bag, the travel activity kit includes 10 pieces, with individually wrapped items such as puppets, crayons and old-fashioned transfers as well as kitsch toys and a set of utterly brilliant story cubes. Activities are specially designed for minimum fuss and mess, making them perfect for travel. [www.kenzibox.com](http://www.kenzibox.com)

### HOLIDAY NAILS WIN PRIZES!

Win a year's worth of Classic Mani/Pedis from The Nail Spa. Simply snap your TNS nails against the backdrop of your holiday location in July or August and upload to Instagram! Winners will be announced in September. [www.thenailspa.ae](http://www.thenailspa.ae)



PHOTOS BY SHUTTERSTOCK



## 3 INDOOR ACTIVITIES

### MARKET TIME

Pop along to the Trade Centre between July 2-11 for the annual Ramadan Night Market. Featuring more than 350 stalls selling all manner of goods from clothing, shoes and accessories to gifts, trinkets and treats, as well as a food court, gaming zone and majlis, the night market is open from 8pm until 2am in the Sheikh Rashid Hall. [www.ramadannightmarket.com](http://www.ramadannightmarket.com)

### STAY FIT

Stuck at home with little ones but want to get moving? Take them along to Kids HQ, who've teamed up with Urban Energy Fitness to bring you Fit Mums, making sure the hotter months don't mean you have to give up your

exercise. Let the children loose in the soft play area or sign them up for summer camp while you get a workout in the indoor, air-conditioned activity rooms. [www.kidshq.ae](http://www.kidshq.ae)

### IMMERSE YOURSELF

For a movie with a difference try one of the Experiential Summer Screenings at Claw, Souk Al Bahar, featuring big-screen favourites with special menus and drinks tailored to match key scenes in the film. July 8 has *Sex And The City* on the big screen while *Ferris Bueller's Day Off* is showing on July 22. Tickets are priced at Dh300 to include all food and drinks on the set movie menu, with popcorn and candy floss thrown in. [www.clawbbq.com](http://www.clawbbq.com)

## POP-UP FASHION

### TRI!BECA, JA OCEAN VIEW HOTEL

July 1 sees the second pop-up fashion swap shop; home-grown fashion labels, international boutique brands, pre-loved bargains and more. Browse clothes, shoes, bags and accessories and stay for a drink when you're done! [www.fashionswapshop.com](http://www.fashionswapshop.com)



## NEW ARRIVALS



**GOING LOCA** The long-established Loca restaurant – a favourite at Dubai Marine Beach Resort and Spa – is expanding. A new branch at Souk Al Bahar overlooking Burj Khalifa and the fountains is scheduled to open this month, offering the same quality Mexican cuisine and fun, friendly atmosphere as the original. Keep checking on [www.locauae.com](http://www.locauae.com) or call 04 346 1111 for details.



**COFFEE LADIES** Billed as Dubai's first specialty coffee boutique, Mokha offers quality coffee with a conscience; they source their beans directly from female-run coffee farms across the Middle East and Africa, supporting them as they become self-sustainable. They're also the world's only stockists of the famous Ethiopian Geisha coffee. Aswaaq Community Mall, 04 321 6455



**HAUTE CUISINE** There's a new Michelin-starred chef in town. Renowned restaurateur Jean-Georges Vongerichten was in the city recently to launch Jean Georges Dubai – now open at the Four Seasons Restaurant Village, Jumeirah Road – offering his signature take on international dishes. Expect refinement, sophistication, fine dining and flawless service (and a bill to match). 04 343 6118

*get the look*

# outfit of the month

## FLOATY FLORALS

LOOK PRETTY IN PASTELS WITH THIS  
LIGHTWEIGHT PRINTED MAXI DRESS

*Stay cool yet covered  
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ladylike long dress  
– team with fun and  
feminine accessories  
and you're good to go*

**Maxi dress** Dh180, Iconic  
**Sandals** Dh240, Aldo  
**Bag** Dh220, Aldo  
**Earrings** Dh39, H&M



# THE BEST THINGS TO DO WITH KIDS IN THE UAE

## the alternative list

Ghana Bola and her family democratically compiled this offbeat list of child-friendly activities in the UAE – strictly no malls included!

### SKETCH FLAMINGOES

These pink birds at the Ras Al Khor Wildlife Sanctuary are absolutely worth a visit. Park up and walk out to the viewing platform to look through binoculars. Take a sketch pad and pencils for the kids to draw these fabulous feathered friends. Grown-ups must also sketch regardless of artistic ability! Location: Oud Metha Road, Ras Al Khor district. 04 606 6822. Open Saturday–Thursday, 9am–4pm.

### CUDDLE CRITTERS

This fabulous pet sanctuary for abandoned domestic and exotic animals is a great way to get up close with our furry and feathered friends. Be prepared to be stalked by emus! Our favourites? The quirky armadillo and cute turtles. Pack a picnic and bring some dirhams to donate to a good cause. See [www.poshpawsdubai.com](http://www.poshpawsdubai.com), or call 050 273 0973.

### GO BACK IN TIME

Drive out to the Sharjah car museum for a journey through the ages as seen via its extensive and eccentric collection of classic and modern cars. A must for parents of car-obsessed boys or girls – and why not dress for the occasion? Dress up authentically and pose for photos behind the wheel of well-preserved motoring beauties for Instagram memories. 06 558 0222. [Sharjahmuseums.ae/Our-Museums/Sharjah-Classic-Cars-Museum.aspx](http://Sharjahmuseums.ae/Our-Museums/Sharjah-Classic-Cars-Museum.aspx).

### SCAN THE OLD SOUQS

For the princely sum of Dh1, cross the creek on an abra to explore the spices, gold and perfume souqs. Buy fresh cinnamon and cardamom, or pick and mix perfume blends to put in glamorous gold bottles for young girls. Then cool down with some coconut water and explore the docks. Little ones love wandering around looking at all the cargo from weird and wonderful places. Take a blank world map to fill in and good walking shoes. There are two abra stations on Deira waterfront – Baniyas Road – close to Spice Souq and at Al Sabkha, Dubai. 04 284 4444.

### EAT ETHIOPIAN

Head to Zagol, a tiny hole in the wall in Bur Dubai with an authentic African vibe. Don't miss the delicious injera – soft and savoury pancake-like bread that little ones will love squishing up with their fingers to eat communal style. And finish off with the surprising but winning combination of popcorn (for little ones) and coffee (for grown-ups – pure rocket fuel that gives you the mojo to keep up with the kids!) Location: Al Karama, near Pyramids Building, or call 04 550 9103.

### FIND FEATHERED FRIENDS

The impressive Falcon Hospital in Abu Dhabi is the largest of its kind in the world and runs regular tours. Children will be fascinated to see these majestic creatures up close and to learn about looking after them and their relationship with humans throughout history. See [www.falconhospital.com](http://www.falconhospital.com) to book a tour.

### BREAKFAST WITH GIRAFFES

Fancy some leafy greens anyone? The kids will be desperate for some when staying in one of the chalets at Emirates Park Resort in Abu Dhabi with its attached zoo. You can get up close and personal and even feed zebras, deers and giraffes. Wild! [Emiratesparkresort.com](http://Emiratesparkresort.com), 055 522 0500.

### HAVE TAILOR-MADE FUN

Visit Satwa in Dubai, or the tailoring districts of RAK corniche and Abu Dhabi (behind Hamdan street) for some custom-made costumes. You can find wicked pilot, doctor, military and UAE police outfits for kids. While you're there have some jalabiyas made up in red, green, white and black for the next December 2 National Day celebrations at school (it creeps up on you!).

do it

# 8 great ways TO KEEP COOL WITH KIDS

SIZZLING AWAY IN THE SUMMER HEAT? CHILL OUT AND HAVE A SPLASH AROUND WITH ONE OF THESE WATER-BASED ACTIVITIES

## 1 SPLASH PAD AT THE BEACH, JBR

This refreshing splash park for kids aged one to 12 is our top pick for cooling off this summer. Featuring fountains, tipper buckets and water guns, it's all under shade to keep little ones out of the hot UAE sun.

Open 2pm-12am daily, call 800 637227. Summer promo valid until September 7: buy one day pass (Dh100), get one day pass free.

## 2 WATERCOOLED DUBAI

Providing a five-star watersports experience in luxurious surroundings, Watercooled Dubai offers a host of family-friendly activities, including kayaking, sailing and powerboating, all with the help of trained instructors.

Jebel Ali 04 887 6771; Abu Dhabi 02 639 5997; Jumeirah Beach 04 374 9119

## 3 WATERPARKS!

There's no better way to escape the heat than splashing around in one of Dubai's awesome waterparks. Make the most of the summer promotions while they're on.

### WILD WADI

Family mornings: Every Saturday until August 22 Wild Wadi will open its doors two hours early just for families. 04 348 4444

### AQUAVENTURE

Summer Discovery Package: Get a free meal plus admission to Aquaventure and the Lost Chambers Aquarium all for Dh300. 04 426 2000

## 4 DIVING AT THE DIVE CENTRE

Let little ones from the age of eight go on shallow-water-based Aquamissions as they become Padi Seal Team divers, while those aged 10 and above can get their Junior Advance Open Water certificate, all

under the care of the trained instructors at The Dive Centre. Open from 8am to 9pm daily throughout Ramadan, the centre is offering 20 per cent off on all courses during this time. It's also holding summer camps throughout the school holidays.

Email [jason@thedivecentre.ae](mailto:jason@thedivecentre.ae);

call 055 9985806; see [www.thedivecentre.ae](http://www.thedivecentre.ae)

## 5 ULTIMATE SNORKEL

Have the ultimate snorkelling adventure in Atlantis The Palm's vast Ambassador Lagoon, which is home to 65,000 marine creatures, including rays and even sharks (any family members who aren't up for it can see a slice of the action from the glass viewing pane inside the Atlantis hotel!). Book online to get up to 33 per cent off.

From Dh225. See [www.atlantisthepalm.com](http://www.atlantisthepalm.com) or call 04 426 1040.

## 6 WADI ADVENTURE

Escape the heat and humidity of Dubai and take a road trip to Al Ain to experience this watersport hub. With a host of child-friendly activities on offer, pick up an adventure package ticket for Dh195, which includes rafting activities, as well as all-day access to the family pool and splash area.

Child entry Dh25, standard entry Dh50. Family pass for two adults and two children under 1.2m, Dh100. The park will be closed until July 11. Advance booking required. 03 781 8422.

## 7 FRANTIC RIDE

Looking for a bit of a thrill? There's a huge array of inflatable fun skidding across the water down at JBR Beach, but the Frantic Ride is one of our favourites. Available from Nautica 1992 at Habtoor Grand Beach Resort and Spa, lie down on your front and hold on for dear life as a speedboat propels you across the sea, launching you into the air and bouncing you all around.

Suitable for children over 10 – there are plenty of gentler water-based rides on offer for younger adventurers. Dh300 per 20-minute ride, call 050 436 2415.

## 8 SKY & SEA ADVENTURES

This hive of watersporting activity at the Hilton Dubai Jumeirah Resort has a treasure trove of family fun on offer, from banana boat rides to donut rides and parasailing. Get an adrenaline rush while keeping cool with the kids!

Prices vary depending on your chosen activity. Call 04 399 9005/050 724 6184 or visit [www.watersportsdubai.com](http://www.watersportsdubai.com) **AQ**

# AQUARIUS Baby MUMMY MORNING

## JOIN US FOR OUR RAMADAN MEET-UP IN DUBAI

Stuck for new ways to entertain little ones (and yourself) during the day this Ramadan? Come to our #AquariusMummyMorning in Dubai on July 13. Whether you're pregnant, have a newborn or toddler, bring little ones along for a play while you enjoy free coffee, cake and expert advice.



**Monday, July 13**

**Time 9.30am - 11.30am**

**Where Café Rouge, Madinat Jumeirah, Dubai**

To book your spot, email [aquariusbaby@gulfnews.com](mailto:aquariusbaby@gulfnews.com).  
Get in quick – our Mummy Morning spaces go FAST!

# SUMMER SURVIVAL

## Keeping kids entertained during the summer

With the holidays under way and the stifling heat keeping us cooped up indoors, we ask the experts at Tiny Feet nursery for fun ideas and activities to keep children occupied



**C**hildren have a lot of energy, which needs to be released each day. This can be difficult when the weather is too hot for them to go outside. So although there are activities you can do with them inside – such as drawing, baking, colouring or reading stories – it is also important that they have opportunities to burn off that energy and also to stimulate their curiosity and challenge their young minds.

### 1 Get them out of the house

Ideal solutions are to take children to play areas, or group activities, where they are able to mix with other youngsters and will be encouraged and stimulated through planned activities.

Children are naturally curious and gregarious. They want to know what people around them are doing and will ask questions if they are not sure about what is happening. So getting them out of the house boosts their exposure to fresh experiences and different people's lives, which means they have more to ask you questions about.

### 2 Get creative indoors

It is important that children have opportunities to explore a variety of media and materials. So the more variety you offer them in terms of resources, the more enhanced their early phonological awareness and mathematical concepts will be. One good example of an arts and crafts activity is junk model making. This encourages children to plan their model, communicate with others, touch various materials, make decisions, recall and refer to previous learning and – most importantly – make mistakes. Anything can be used... empty boxes, bottles, paper, cartons etc.

It is important adults are on hand to encourage and support, and to boost children's learning by challenging them and channelling their thinking. This can be done through discussions and questions, or by helping them with tools. At a nursery, we would encourage the children to revisit their model the next day and continue their work on it.

Another great activity for the home is playing with water – whether it is

washing the dishes (no sharp utensils) with lovely bubbles, or washing their toys in the sink.

For quiet time, something as simple as reading them a book... Children love listening to stories so sitting and reading a story – discussing the pictures and the characters – helps to develop their communication and language, phonological awareness, as well as building their vocabulary, enhancing their creative thinking, developing their imagination and of course building their lifelong love of words.

### 3 Games for older kids

Children over five are often keen to practise the skills they have learned at school in fun ways. They love memory games, craft modelling, challenging board games and reading fiction books of all kinds. This age group is able to focus for longer periods of time and they particularly like activities that challenge their fine motor control, such as clay model making, or craft work such as puppet making.

## SUMMER HOLIDAY SURVIVAL KIT

Get your stationery and crafts cupboard stocked up for summer with Tiny Feet nursery's Paulette's list of activity necessities

- "Keep old buttons and thread reels as children can use these to help their hand-eye coordination and fine motor skills."



- A packet of tubed pasta, string or wool and a few colours of paint and the children can make bracelets and necklaces that provide endless amounts of fun, as well as develop their skills.



- Play-dough making resources.... plain flour, oil, salt and food colouring can provide endless amounts of fun!



- Keep old magazines, catalogues and a pair of scissors and the children can use the pictures to design their own stories, which helps to develop their creative thinking and their fine motor skills.

- A box of dressing-up clothes such as shoes, bags, beads, glasses, hats, and old pots, pans etc will encourage the children to role play.



## A FUN-FILLED MORNING AT TINY FEET

WE SPENT THE MORNING DOWN AT TINY FEET NURSERY IN UMM SUQEIM 3 WITH 45 READERS AND THEIR GORGEOUS PRE-SCHOOLERS – FOR FUN ACTIVITIES, FACE PAINTING, CUTE PORTRAIT SHOTS AND LOTS MORE!



**TOP** Mums and kids alike loved interacting with the state-of-the-art technology and all the fab toys and activities. There was also face painting, cute portraits, first aid demonstrations and more. A great morning was had by all! Check out the video on [www.aquarius.ae](http://www.aquarius.ae).



### LOOKING FOR A NURSERY?

Tiny Feet has interactive walls, floors and tables bringing augmented reality and other technologies into the classrooms, helping to make learning fun. With a team of qualified, experienced staff, a low staff-to-child ratio and top-notch facilities, Tiny Feet offers a safe and stimulating environment for ages six months to six years.



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محل الأحذية فائقة الجودة

# live it

think calm, feel good, get organised, be happy



## 3 WAYS TO EAT MORE MINDFULLY

### GAUGE YOUR GRUB

A US study\* found that dieters who kept a food diary for six months lost twice as much weight as those who didn't. Make it even simpler with a free app – we love Lose It!, which sets a daily calorie limit and helps you stick to it.

### RETHINK YOUR PRESENTATION

Cornell University research found that when your food is the same colour as your plate, you're likely to eat more than when there's a strong colour contrast.

So if you want to eat less chocolate cake don't serve it on a brown plate!

### GET A HAND ON YOUR PORTIONS

Portion sizes have rocketed to be five times larger than they were 50 years ago, says Dr Lisa Young\*\*. She recommends using your hands to guide your portion sizes; eg, eat a tight-fist-worth of cereal or 1.5 palm's worth of meat. [AQ](#)

# A GIRL CALLED *Amanda*

SHE FIRST CAPTURED OUR HEARTS IN *MEAN GIRLS*, THEN WOWED US WITH HER SINGING PROWESS IN *MAMMA MIA* AND *LES MISÉRABLES*, BEFORE BECOMING THE DARLING OF INDIE MOVIES. NOW SHE'S BRINGING THE BELLY LAUGHS IN COMEDY *TED 2*. AQUARIUS ASKS IF THERE'S ANYTHING AMANDA SEYFRIED CAN'T DO...

**WHEN YOU LOOK AT HER ACTING CV, IT'S HARD TO BELIEVE AMANDA SEYFRIED IS NOT EVEN 30.** As well as five seasons of hit TV show *Big Love*, her impressive résumé boasts two smash-hit musicals (*Mamma Mia* and *Les Misérables*), weepy Nicholas Sparks adaptation *Dear John* and last year's indie hit *While We're Young*, to name but a few. At just 29 she's already a Hollywood veteran, having been launched to stardom in her teens, playing ditsy teen Karen in cult favourite *Mean Girls*, and she's since proven her acting chops in everything from small independent films to big-budget Hollywood blockbusters, and from comedies and musicals to creepy thrillers.

As she nears her milestone 30th birthday this December, Amanda is now firmly at the top of every casting director's wish list. Next up, she's starring in frat-boy comedy *Ted 2* and a new imagining of Peter Pan, *Pan*.

There are also a whopping four movies in the pipeline: time-lapse drama *Fathers & Daughters*, opposite Russell Crowe; ensemble comedy *Love the Coopers* with John

Goodman and Diane Keaton; upcoming indie road trip movie *Young Americans*, co-starring Daniel Radcliffe, and a biopic of pioneer photographer Eadweard Muybridge, *Flying Horse*, alongside Oscar-bait Benedict Cumberbatch and Gary Oldman. And, as if that wasn't enough, she's just made her stage debut in Neil LaBute's off-Broadway play *The Way We Get By*.

## **MAKING HER OWN LUCK**

However, the star modestly insists her stratospheric success is less to do with clever role choices and more to do with good fortune and a titanium-strength work ethic. "The truth is, there is only so much control that I have. It's hard to turn things down, because it's in me to want to always be working," she says. Adding, "But it's the choices and the breaks that separate you from the rest, I think."

She admits to having workaholic tendencies – a fact she had to face up to when she booked some much-needed downtime recently. "I am most scared of being bored. I was at a resort, and I thought, I should be loving this – but I

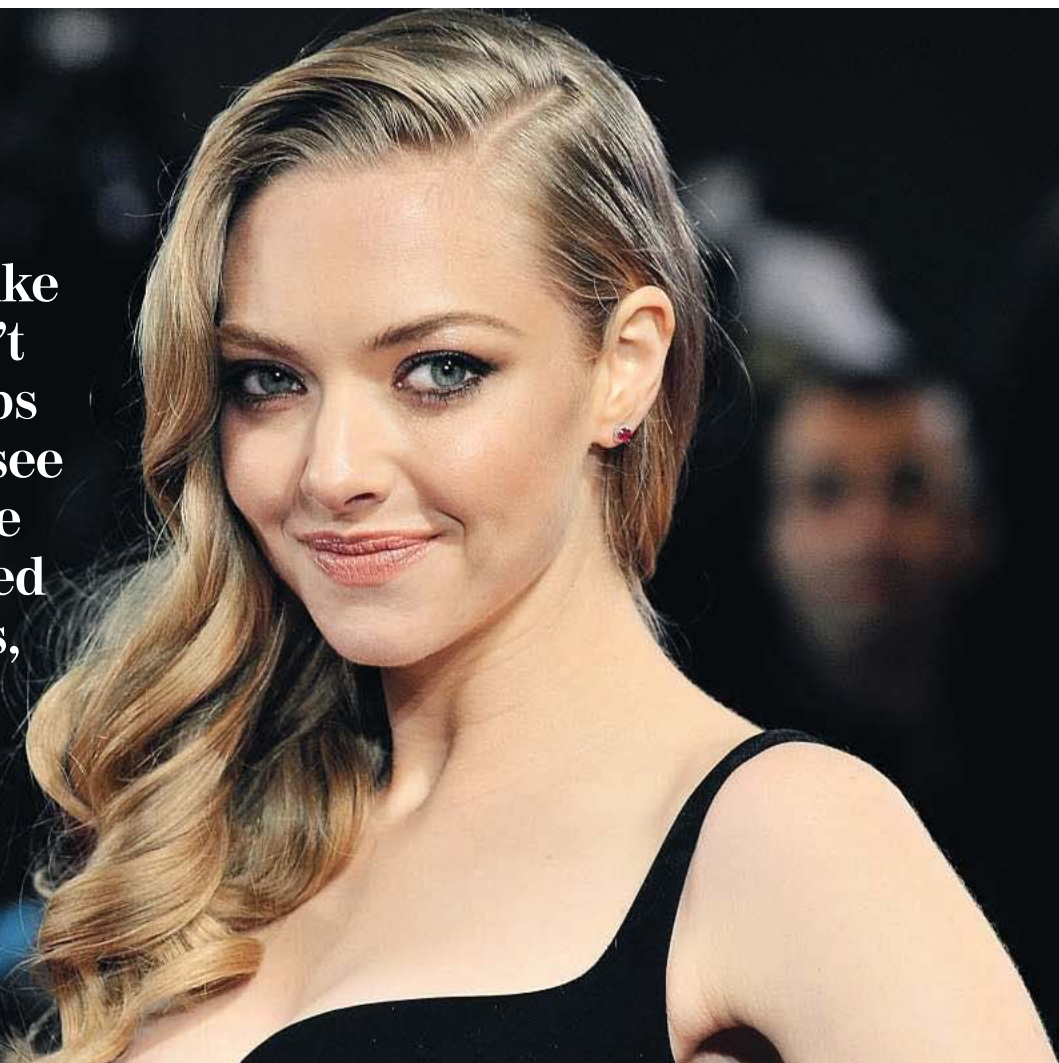

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*women we salute*



**“I don’t have to look like a supermodel. I don’t have to have those abs – the camera doesn’t see that. But because we have all been designed to want these things, I’m a victim of this stuff, too.”**



wasn’t getting anything done, and that terrified me. When I feel like I’m not accomplishing something, I feel like I failed the day. I guess I missed work.”

The truth is, Amanda has been working pretty much constantly for 18 years – she began modelling at 11 and started acting in daytime soaps in her teens. Some of her formative experiences were on sets – like her fist kiss. “I met my first boyfriend on a soap opera. We kissed for the first time on the show. It was like a fairy tale. When you’re young, it’s hard not to get together with your co-star. It’s not always the greatest idea, but the experience of making a TV show or a movie is so intimate and romantic. And I love acting like I’m in love!”

After acting solidly for over a decade, it was the 2012 musical *Les Misérables* that thrust Amanda to international stardom. “It may be that I’m older, and it may be that social media is everywhere now. I don’t think I was really famous until [then] – and I felt like no one paid much attention to what I was doing. That was good. But *Les Mis* was an international hit, and that changed things.”

## **CHILD STAR GROWS UP**

However, her early introduction to showbiz has not equipped

her with the bratty confidence normally associated with child stars. In fact, she admits to suffering from anxiety. “I have a lot of anxiety that I’ve been struggling with my whole life,” she says. “So I have been working through it. I’m terrified, but this is exactly what I wanted.”

Her anxiety has been so severe that she’s suffered crippling panic attacks in the past. “It feels like you’re going to die. There’s nothing scarier.” And her recent stage debut brought a new level of anxiety as it was the first time she had acted in front of a live audience. “There’s a layer of insecurity that this brings out, of course, but I am trying to throw it away,” she says. “Although I can’t, really, because insecurity, a little bit of it, is always important for any actor.”

As she approaches 30, she claims she has finally shaken off the demons of her child-star past. “I have to behave like a grown-up. And as hard as it is... I realise it’s the only way to be, it’s the only direction. It’s the only way your life is going to work, you have to be mature, and you have to make mature decisions and you have to think of other people, and you have to be responsible. And you know what? My life is better for it.”

Her new mature outlook has brought with it a proper grown-up relationship. After a string of failed romances –

most notably with her *Mamma Mia* co-star Dominic Cooper and Ryan Phillippe – she’s settled down with actor Justin Long, whom she met via Instagram. “I really do have my own identity, both inside and outside the relationship, if that makes any sense. It just feels right. It’s also really good to feel OK being alone.”

## SETTLING DOWN

In between acting gigs, the couple enjoy cosy domesticity with Amanda’s adored golden-brown Australian shepherd, Finn, on her recently acquired farm in Stone Ridge, New York. She’d love to spend more time at the farmhouse, she admits, and can even see herself bringing up a family there, “because I want to have kids. And I want them to go to local schools, and there are some really good schools [there]”. She adds, “I’d like my life to be the same as it is now, but with a little less stress and a little less work.”

However, even her beloved pooch Finn can be a source of worry for the star, especially as her busy schedule keeps her away from him. “I just don’t want to leave him any more,” she says. “Maybe it’s because I’m subconsciously aware of his mortality. I try not to think about it, but somewhere inside of me, I’m like, he’s going to die way sooner than all the rest of the people I know!”

In fact, Finn is getting his own taste of fame and has something of an international following. “When I landed in Korea recently, there were people holding up pictures of Finn. In the past year, people just learned how to pronounce my last name correctly (Sigh-fred), but they all know everything about my dog.”

She may have Michelle Pfeiffer-esque looks with huge eyes, plump lips and alabaster skin, but she’s more at home on the farm in jeans and no make-up than she is posing on the red carpet – not that she is immune to the lure of couture. “I don’t love the red carpet, because it’s loud and unnatural, but I do still get excited when I put on the chosen dress for the evening, because I feel confident. Fashion can do that to you. I have a great relationship with Givenchy. I basically will wear whatever Riccardo [Tisci] designs because it’s always interesting.”

Looking back on her defining red carpet moments, she cites the London premiere of *Mamma Mia* as a show-stopper. “It was the world premiere of the one project that was going to change my life. I was wearing Miu Miu, and I needed to look amazing...”

However, she remains acutely aware of the superficiality of Hollywood, and life behind the velvet rope holds little appeal for the down-to-earth star. “Maybe people [in Hollywood] wear really nice clothes, and they drive really nice cars – but that doesn’t make me comfortable. And if I’m not comfortable, it won’t be a part of my life. There’s something empty about having your own VIP booth, and people staring at you.”

## BODY IMAGE IN HOLLYWOOD

It’s clear that Amanda is not after a goldfish-bowl, Kardashian-level of fame – especially as she has struggled with body confidence. “I would be lying if I said I wasn’t

# Amanda diaries



### RED CARPET STYLE

Amanda’s ultimate style moment was wearing this Miu Miu green dress for the premiere of *Mamma Mia*, and she says she will wear almost anything by Givenchy designer Tisci Riccardo.



### BLOCKBUSTER BEAUTY

From *Mamma Mia* to *Les Misérables* and *Mean Girls*, Amanda Seyfried has been in her fair share of smash-hit movies.



### LOVE LIFE

Having been through a string of failed romances with the likes of Ryan Phillippe and *Mamma Mia* co-star Dominic Cooper, Amanda is now loved up with another actor, Justin Long, whom she fell for after following him on Instagram. The couple love nothing more than taking her Australian shepherd dog, Finn, for walks.



constantly aware of what I’m doing with my body,” she says. “I don’t have to look like a supermodel. I don’t have to have those abs – the camera doesn’t see that. But because we have all been designed to want these things, I’m a victim of this stuff, too.”

Still, she refuses to conform to some stick-thin Hollywood ideal (recently taking to Twitter to reveal she almost lost out on some roles because she was deemed overweight) and hails the advent of acceptance of all body shapes, a positive change embodied by curvy US model and actress Kate Upton. “Thank goodness for Kate Upton. She’s a supermodel, she has curves. She’s the new image of beauty.”

Not that Amanda has any regrets about her chosen career – despite the pitfalls of fame. “Acting kind of bit me in the butt. On *Big Love*, I realised that I didn’t want to lose this thing that I had stumbled into. Now, I’m at the mercy of my calling. I was lucky back then and a little naive. Now I’m addicted. Addicted and scared but never bored. I get to be other people all the time, and there is nothing dull about that.” **AQ**

# THE BODY-IMAGE REPORT: THE DARK SIDE OF OUR SUNSHINE LIVES

Rachael Bruford asks whether women in the UAE are more likely to experience body-image anxiety than those in the rest of the world, and if the reasons for this go beyond the media and our beach culture

**WOMEN IN THE UAE ARE FACED WITH THE TASK OF BEING PERPETUALLY 'BEACH BODY READY' AS WELL AS BEING VISUALLY BOMBARDED WITH IMAGES FROM BOTH WESTERN AND LOCAL MEDIA.** Add to this those seemingly 'perfect' women whom we encounter on the beach, in the gym and at work, and it becomes all too easy to make comparisons between them and our own possibly negative and distorted opinion of how we think we look.

"Body image is a picture we have in our minds of what our body looks like," explains Dina Zalami, counselling psychologist at The LightHouse Arabia.

"It does not necessarily reflect what we actually look like in reality, but more how we think and feel about ourselves."

A 2012 All Party Parliamentary study on body image found that 60 per cent of British adults feel ashamed of the way they look, and the Centre for Appearance Research also revealed that a staggering 90 per cent of UK women feel some kind of body-image anxiety. There are not many statistics for the UAE, but a 2013 study of 361 undergraduate students at the American University in Sharjah

reported that three quarters of the students were dissatisfied with their bodies and one fifth were shown to have symptoms of disordered eating.

Acknowledging the imperfections of our physical appearance is not what causes body-image dissatisfaction. As Dina Zalami clarifies, "It is the weight we give these imperfections and the fact that we judge our worth based on them that create disturbances in our body image. Essentially, it is a dissatisfaction with who we are."

Body-image anxiety is without doubt a global issue, but could it be that the unique environment of the UAE means that female expats are more susceptible to body-image dissatisfaction? And if so, what is it about the UAE and expat life that leads to this?

## **WE CAN'T ALWAYS BLAME THE MEDIA**

The media's portrayal of women and its subsequent effect on their self-esteem has been well documented. The All Party Parliamentary study also concluded that the media, advertising and celebrity culture were perceived by almost 75 per cent of respondents to be the main social influences on body image. The body type commonly depicted



in adverts is possessed naturally by only 5 per cent of American females, yet “this unrealistic and often unobtainable ‘ideal’ sees many expats in the UAE consumed by the debilitating desire to become as thin as models and celebrities that they see in the media,” claims Dina.

But it’s not just the flawless models in glossy magazines who can have an impact on our self perception. The digital age has heralded a new, complex culture whereby our smartphones allow us to offer only the best version of ourselves, namely through filters and apps. A 2012 article in UK newspaper *The Guardian* made the point that airbrushing is not a problem in itself, but that altered images now threaten to replace all others and change our standards of comparison. The fact that celebrities and our friends are also doing it means that we are now drowning in images that give an unrealistic interpretation of what women look like. “We’ve always compared ourselves

**“Airbrushing is not a problem in itself, but with filters and photo-editing apps now available on our smartphones, altered images threaten to replace all others and change our standards of comparison”**

to others,” says Holli Rubin, psychotherapist at london.endangeredbodies.org. “The difference now is that through our smartphones, we can all be the masters of our own trickery as we photoshop our pictures to fit more

with what we think others want to see, never minding what we actually feel about how we look.”

So what specifically about the UAE combines with this new global digital age to impact expat women here?

## **THE PRESSURES OF EXPAT LIFE**

The Centre for Appearance Research has found that appearance is now key to the value that people place upon themselves. The fact that a lot of women move to Dubai because of their husband and then remain at home, perhaps looking after their children, means that being the perfect wife and mother often becomes a woman’s ‘job’, where looking polished is one of the implicit



## body matters

requirements. Help with children is readily available, so women are seen as having no excuse but to look glamorous at all times, such as on the school run. If you're not one of these women, it's hard not to make negative comparisons. "In the UAE we can be judged on a superficial basis, and without the support of close family and friends that you might have back home, it can be easy to fall into feelings of inadequacy," points out Dr Lavina Ahuja, personal development consultant at LifeWorks Dubai.

In a culture where we are regularly exposed to women on the beach, and where dressing up for a night out is taken to a whole new level, it is not surprising that moving to the UAE can trigger unwanted negative feelings about our appearance.

"Insecurities and fears that we may have carried for a while when we were in the comfort zone of our home countries can easily surface and manifest themselves through a need to control our body shape or weight once we make the transition to the UAE," says Dina.

Dubai in particular is a melting pot for many different factors that can heighten body-image consciousness and dissatisfaction. "Many people come to Dubai to 'make it' and may develop a consuming drive to prove themselves to others as well as to themselves that they are indeed 'making it'," says Dina.

"I've had patients talk to me about how much pressure they feel in Dubai to be perfect: to look their best, to be the perfect mum, the breadwinner, the perfect employee or employer and so on.

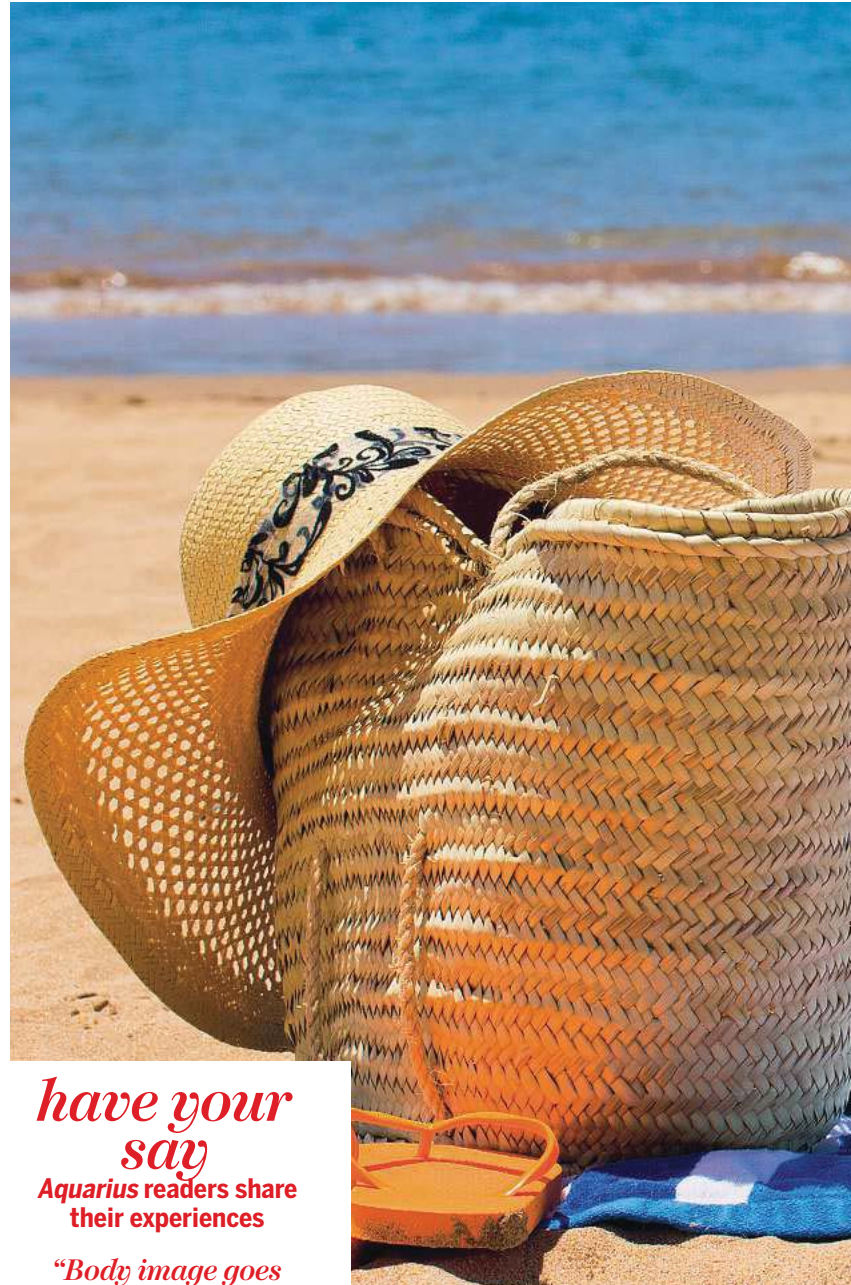
"The more we get sucked into the drive to be perfect, the more we cultivate insecurities and fears, making us more vulnerable to over evaluate any imperfections in ourselves, including our bodies."

The materialistic element that exists within the UAE may also play a role, and living in a largely affluent society can also contribute to the value we attach to physical appearance. "The more we try to wear the best clothes, drive the best cars, live in the best homes and so on, the more likely we are to start aligning our self-esteem to such extrinsic variables. This can make us focus more on our physical appearance as opposed to valuing who we really are," says Dina.

### COSMETIC SURGERY

Body-image anxiety is not limited to weight dissatisfaction; it can be about other aspects of physical appearance. Is the prevalence of cosmetic surgeons in Dubai any kind of indicator of how we feel about our bodies? Dr Ahuja isn't too sure. "Dubai is trying to become an international hub for medical tourism, so the high number of cosmetic surgeons is not just due to demand from UAE residents," she comments.

However, it does mean that those who experience severe body-image anxiety have easy access to cosmetic surgery, often without fully considering the risks and consequences. "Many people see it as an easy way out," Dr Ahuja continues. "They rush into cosmetic surgery thinking that their lives will get better, but they don't,



### have your say

Aquarius readers share their experiences

#### "Body image goes beyond where you live"

**Pauline Shaw, 32, teacher from the UK**

"I wouldn't say living in the UAE has impacted my body image really. I've always seen myself as 'the fat one' amongst my friends, even back in primary school. Here I have the money for personal training, but I probably looked my best back home when I wasn't going out to brunches and ladies nights so much. I think my figure is directly linked to my happiness, and that there is so much wrapped up in body image that goes way beyond where you live."

#### "I definitely feel I have to make more of an effort in Dubai than I did back home in the UK"

**Katherine Harrison, 27, events manager from the UK**

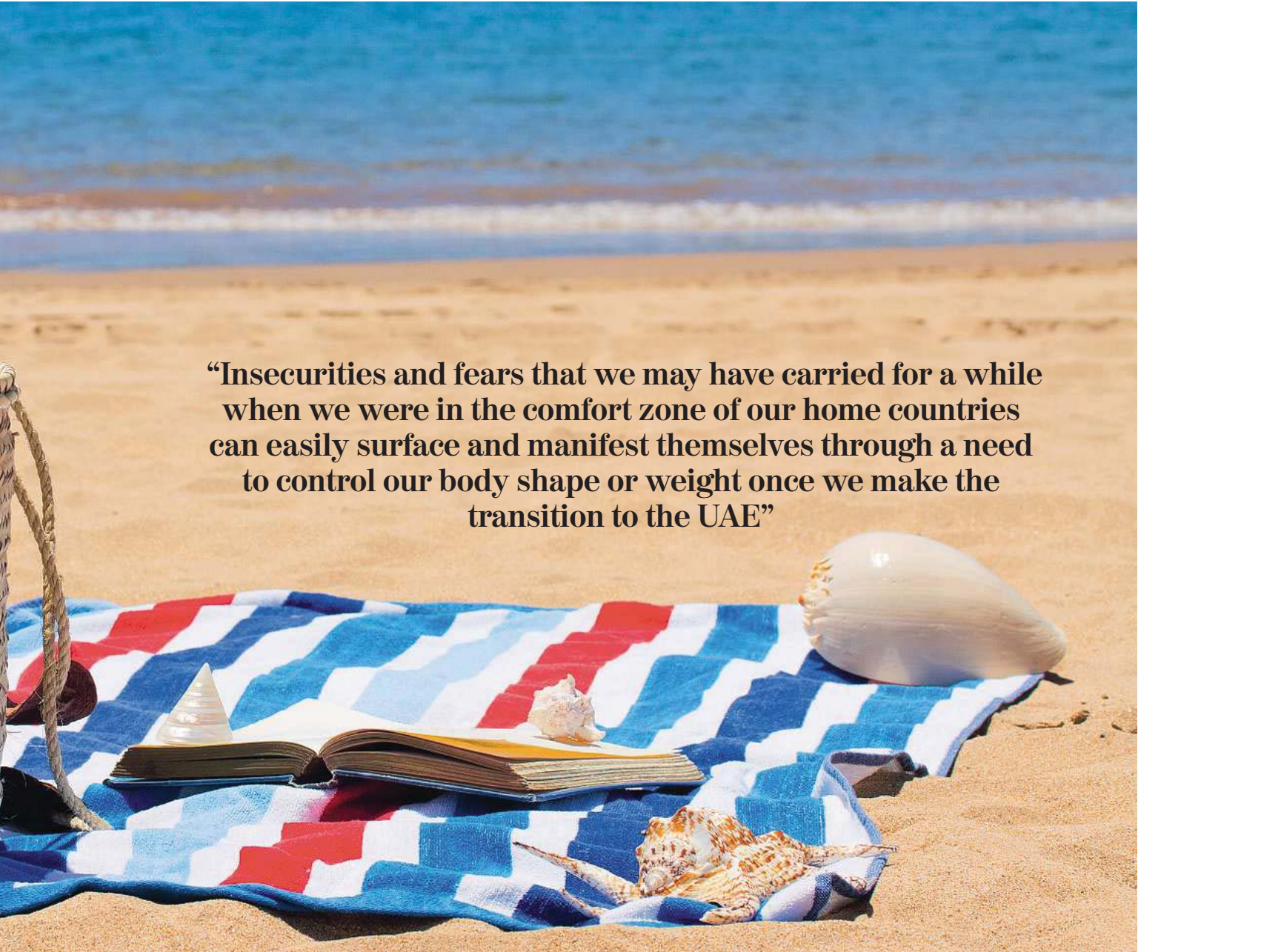
"When I first moved here I owned two cocktail dresses – I now have

at least 20, and that's not many compared to my friends! I definitely feel like I have to make much more of an effort in Dubai compared to back home. The thing I find odd is you can go out and see people in shorts, T-shirts and flip flops in the same place as a woman in a ball gown."

#### "It's exhausting trying to keep up"

**Melissa Naidoo, 30, school administrator from South Africa**

"You should be comfortable in your own skin rather than worrying about what everyone thinks. However, Dubai has set an image and nothing less is acceptable. It takes time and money to look great all the time, and it's also exhausting trying to keep up with this great hub where everything is moving, growing and upbeat. Even at the gym women look at each other and analyse what brand others are wearing or if someone has come without make-up."



**“Insecurities and fears that we may have carried for a while when we were in the comfort zone of our home countries can easily surface and manifest themselves through a need to control our body shape or weight once we make the transition to the UAE”**

as the problem lies with their negative evaluation of themselves.” Indeed, it can then become addictive, with patients moving from one surgery to another. “The negative feelings do not simply go away.”

Although some countries have counsellors to assess patients and ensure that they are having surgery for the right reasons, this practice is not always adhered to in the UAE. “Here there is a lack of awareness about mental health issues,” suggests Dr Ahuja. “Some people are trying to feel better about themselves and surgery is not the answer.”

It’s clear that women in the UAE are in the unenviable position of being exposed to both global factors relating to body image, as well as being influenced by those around them and the sometimes ostentatious culture of UAE expats. It’s never easy moving to a new country, particularly one that is so appearance-conscious and where the beauty industry is booming.

If only we could all follow in the singer Pink’s footsteps, who after being pictured in a dress that drew criticism about her weight, tweeted, “I felt very pretty. In fact, I felt beautiful. So, my good and concerned peoples, please don’t worry about me. I’m not worried about me. And I’m not worried about you either.” That, sadly, may be easier said than done. **AQ**

## **HOW CAN WE HELP FRIENDS WITH NEGATIVE BODY-IMAGE ISSUES?**

Dr Ahuja says that women who negatively evaluate themselves are often secretive and don’t talk about how they are feeling. Family and friends may notice some alarming signs such as sacrificing health and well-being for their appearance, perhaps by smoking to suppress their appetite, developing disordered eating habits, or getting into debt to pay for surgeries.

The first step is to talk to an expert, or to confront your friend with the fact that this level of anxiety is not normal. “Many women are often brought in to LifeWorks by concerned family and friends,” says Dr Lavina. “They need to let go of the fear, and in order for that to happen we work with them to make them realise that stopping worrying about looking a certain way doesn’t mean that they are going to put on weight or have their fears become justified.”

# Body image HEROES

We're all getting fed up with the pressure to be perfect – celebs included! And we love how real they're being about it. Celebrate your body whatever your shape with these leading ladies

## Olivia Wilde

With so many celebrities looking fit and stretch mark-free after giving birth, it's hard not to feel the pressure to shed the baby weight. But she encourages new mothers to embrace their post-baby appearance, having written the following in a magazine article.

"I believe in a world where mothers are not expected to shed any physical evidence of their child-bearing experience. In that same world I believe there is space for exercise to be as much a gift to your brain as it is your body. I don't want to waste my time striving for some subjective definition of perfection... The truth is, I'm a mother, and I look like one."



## Emma Watson

When she isn't starring in films, graduating from an Ivy League University, promoting gender equality as the spokesperson for the HeForShe campaign and the UN Goodwill Ambassador for women, or being recognised as a style icon, she's empowering women to love their bodies.

"I've accepted my body shape more as I've got older. I went through a stage of wanting to have that straight-up-and-down model look, but I have hips, and in the end you have to accept yourself as you are. I've fluctuated between a size 6 and 10. I tell myself that I'm not supposed to look like a doll, and who I am as a person is more important than whether at that moment I have a nice figure."



## Jennifer Lawrence

Whether it's on the red carpet or in interviews, J-Law is outspoken about her love of food and her disapproval of Hollywood weight standards. Known for refusing to lose weight for film roles, she's a great role model for a healthy body image.

"In Hollywood, I'm obese. I'm considered a fat actress. I eat like a caveman. I'll be the only actress who doesn't have anorexia rumours! I'm never going to starve myself for a part... I don't want little girls to be like, 'Oh, I want to look like Katniss so I'm going to skip dinner'... My aim is to get my body to look fit and strong, not thin and underfed."



## Meryl Streep

Still looking as beautiful as ever at 66, Streep received an honorary doctoral degree from Indiana University and answered a few Twitter questions afterwards, giving advice on the strength in individuality.

"For young women, I would say don't worry so much about your weight. Girls spend way too much time thinking about that, and there are better things. For young men, and women, too, what makes you different or weird, that's your strength. Everyone tries to look a cookie-cutter kind of way, and actually the people who look different are the ones who get picked up. I used to hate my nose. Now, I don't."

### ***Mindy Kaling***

Mindy Kaling is an inspiration to women everywhere. She's a successful – and hilarious – actor who's confident about who she is and how her body looks, even though it's not the "standard Hollywood size".

"I feel like I have been able to have a fun career and be an on-camera talent and be someone who has boyfriends and love interests and wears nice clothes and those kinds of things without having to be an emaciated stick. And it is possible to do it. In life, you don't have to be that way and you can have a great life, a fun life, and a fulfilling love life."

### ***Jennifer Aniston***

Women's woman  
Jennifer Aniston's down-to-earth attitude towards weight puts everything in perspective, and allows us to heal our relationship with carbs. She's not just America's sweetheart.

"I never used to eat pasta. [But] I've been allowing myself a lot more in the past few years. Which does make it harder to lose those last few pounds. But you have to live. And so what? You go up a size. What's the big deal?"

### ***Emma Stone***

We've always admired Emma Stone for her gorgeous red hair and sarcastic sense of humour, but reading her comments about body shaming in a recent interview just makes us love her even more.

"We're always too skinny or too fat or too tall or too short. They're just confirming this feeling I have about myself. I'm trying to figure my body out. It bothers me because I care so much about young girls. We're shaming each other and we're shaming ourselves, and it sucks."



### ***Salma Hayek***

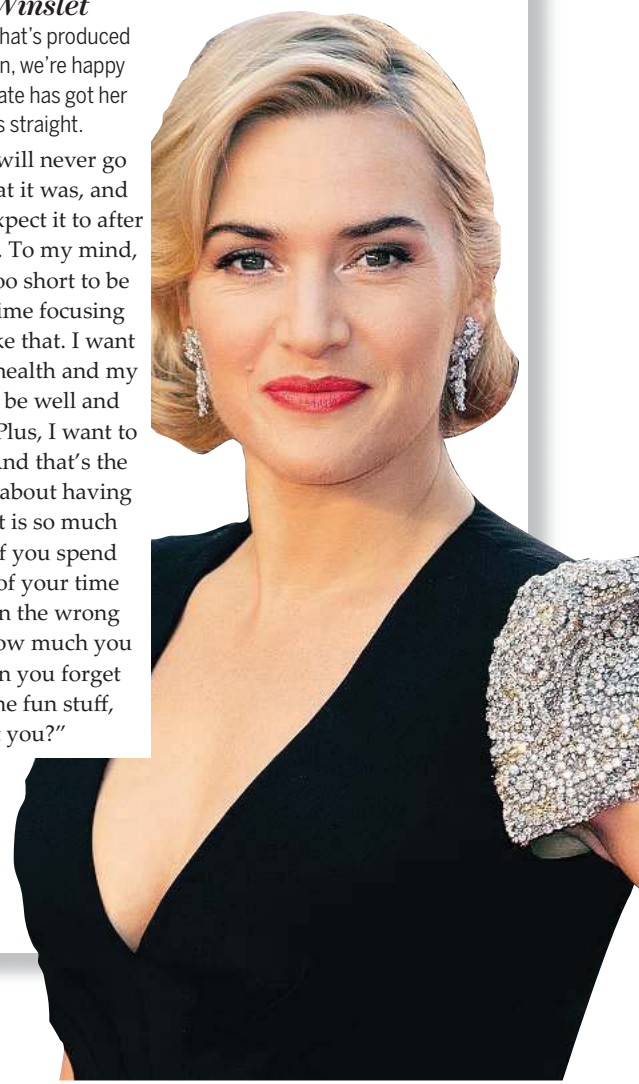
This 48 year-old Lebanese-Mexican actress describes the importance of eating to live a happy life.

"I'm on the verge of chubbiness because I love my food. It's not the best for fashion, but it's good for my mood. I am happy because I eat! If you exercise too much and you don't eat enough, it takes its toll on the skin. Everything starts ageing. If you don't eat carbs, you slow your metabolism down. And you look miserable. I just don't have the drive to be the prettiest or the thinnest."

### ***Kate Winslet***

With a body that's produced three children, we're happy to see that Kate has got her priorities straight.

"My body will never go back to what it was, and I wouldn't expect it to after three babies. To my mind, life is just too short to be spending time focusing on things like that. I want to keep my health and my sanity and be well and feel happy. Plus, I want to have fun. And that's the other thing about having children; it is so much fun. And if you spend too much of your time focusing on the wrong stuff, like how much you weigh, then you forget to enjoy the fun stuff, don't you?"





**The entrepreneurial  
business owner and  
working mum**

# WHAT DO THESE THREE WOMEN HAVE IN COMMON?

They are all part of the massive 75 per cent of women who suffer, or who have suffered, from some form of disordered eating. Read on to find out how they overcame their issues



**The personal trainer  
and model**



**The fashion blogger  
and stylist who  
has more than  
16,000 followers on  
Instagram**

**“I remember preferring my Cindy doll to my Barbie doll because her ribs stuck out. I was five”**

**Carrie Mitchell, 30, from the UK, is owner of interiors store The Joinery Shop. She tells us about her battle with eating disorders**

**I**t's difficult to know where to begin when talking about my history with eating disorders. I wish I could pigeon-hole it to a brief period in my teens, but even though that's when it all started, I continued to suffer from disordered eating for half of my lifetime since then. Nevertheless, I guess the best place to start is at the beginning.

I was a happy, carefree child in many ways, but I believe I was predisposed to developing an eating disorder – in hindsight, all the signs were there. I remember preferring my Cindy to my Barbie doll because I liked the fact I could see her ribcage. I was five. I remember complaining to my mum about how my thighs spread out when I sat down. I was seven. I remember feeling a tiny bit special when the school nurse picked me out for being a bit underweight. I was nine. I think all I needed was a trigger and when I was 11 my small world as I knew it fell apart and I began to eat less and less.

As my parents went through a difficult and angry break-up that led to a bitter divorce, I found solace in controlling the one part of my life that I had power over: what I ate. I began to lie every day to those I loved... pouring a trickle of milk and a few Coco Pops into a bowl in the morning so it would look like I had eaten breakfast; telling my



increasingly worried school friends that I had eaten a huge breakfast and so couldn't possibly manage lunch that day; persuading my mum that I had eaten dinner before she got home.

In the meantime my diet eventually consisted of a fat-free yogurt and two wafer biscuits a day. As I lost more weight and further restricted my food, the lies and manipulation became more frequent. I hated myself for what I was doing and this reinforced the path to self-destruction.

But I thought if I could achieve physical perfection, which in my anorexic mind was thinness, I would become perfect on the inside too. It was a vicious cycle.

Two days after my 12th birthday I was admitted to hospital, diagnosed with anorexia nervosa. I had »



**TOP** "Visiting my sister and niece on a trip back to the UK when I was in the grips of bulimia."  
**RIGHT** "On a girls' night out after moving to Dubai, I was unhappy in a destructive relationship and was secretly bingeing and purging numerous times a week."



never heard of the disease before, but weighing a little over four stone (25kg) and with a dangerously low BMI of less than 11, the doctor had immediately admitted me after a family meeting organised by my concerned dad. Much of the next four years is a haze of various therapies (everything from psychology to hypnotherapy), hospital admissions and a cycle of forced weight gain, weight loss and readmissions. I was routinely discharged when I reached a target weight, but as soon as I got home, the weight loss would begin again and I would be readmitted when I had lost the weight I had gained. Anorexia had a firm grip on me. And then, shortly after my 16th birthday, I was admitted with a heart murmur. There was no space on any of the wards I normally went to, so they had to put me into a geriatric ward. I looked around at the frail, elderly people and thought 'What am I doing?' It was like a light switched on.

I was young, I could be healthy and I knew I didn't want to die. It seems strange that after four years of failed therapy, something finally just clicked. That night in hospital I ate the hospital meal without any coercion and continued to eat the next day and the next. I didn't look back and had two blissful years of enjoying being a teenager. I bonded



with my friends again and tried to catch up at school as I had missed a lot. I sat my exams, got a part-time job and loved living my young life free from the clutches of anorexia.

It wasn't until I was 18 and in the first year of university that disordered eating reared its ugly head again. Little did I know it, but this time it would plague me for the next decade. I had moved away from home to a new city and into student accommodation. Although I made a few friends I didn't really click with anyone. I also didn't feel good enough to be studying at university. I felt like an unworthy fake and in my sadness and loneliness

I found comfort in eating large amounts of food. The physical fullness felt almost like a hug. But guilt soon hit and the only relief I could get would be to make myself vomit.

Once again, the feelings of disgust grew as my habit grew in frequency and I was soon back in a destructive cycle of self-hate. I told my mum the first summer I went home and she took me to the doctor, but as I wasn't dangerously underweight like I was with the anorexia, I was told to come back in six months. So I bought a self-help book, did the exercises and through the following three years at university, I slipped in and out of bulimic episodes. Often months would go by where I had a normal relationship with food and was happy enough. Although I was still bulimic, it was manageable and didn't control my life.

This all changed after I graduated and spent the summer backpacking through India before moving to Dubai. Whilst in India I lost some weight and this coupled with being in a destructive relationship, plus sadness and loneliness, once again triggered increasingly frequent bulimic episodes. I went to great lengths to keep it a secret and, when my relationship ended after a few months of being in Dubai, although I felt liberated, I was already trapped in a bulimic cycle of bingeing and vomiting.

Over the next five years I was a slave to bulimia, enjoying a few periods of respite between all-consuming periods of purging, but managing to hold down a job and socialise with friends in between. For a city that is buzzing with people from all walks of life and with such an active expat community, Dubai can be a surprisingly lonely place. With its transient nature and somewhat superficial social circles based around nightlife and brunches, I never opened up about my battle with bulimia to anyone. It was easy to never let any of my friends get close enough to have to. But it was lonely.

When I met my husband Imran in 2011, I was pretty much convinced that I was so imperfect

I was unlovable. I would try to shut him out with the walls that I had built up around me, but each time I did, he would just show his love for me more and, eventually, with his openness and warmth, he broke down my barriers and slowly helped me build my self-esteem. Over the first few years of our relationship the bingeing and purging episodes gradually lessened until eventually they stopped altogether.

Today, I would say I have a healthy relationship with food. I enjoy it. I eat what I want when I want and I don't eat my feelings. But I would be telling a lie if I said I was completely happy with my body. There are always going to be these images of perfection blasted through the media and there's always going to be someone who is prettier, curvier, skinnier with better hair, better skin, better teeth...

I don't believe anyone is really immune to that, but it's all about perspective. I gave birth to a baby girl this spring, and when I hold her I can't help but marvel at what wonderful, incredible things a woman's body is capable of. It's ironic to think that the same body that I spent 14 years denying nourishment to is now providing her with the nutrition she needs to grow. I have a new level of respect and awe for my perfectly imperfect body.

When I hold my daughter in my arms, it hurts me to think that she might ever hate her body for not fitting in with the 'ideal'. When I feed her it breaks my heart to think that she might ever refuse food, or abuse food, in an attempt to achieve perfection on the outside because she feels imperfect on the inside, like I did. I am committed to raising a daughter who has the confidence and the conviction to respect, cherish and nurture her body to be strong and agile, valuing what it is capable of and not how it measures up against a standardised notion of beauty. I am also committed to raising a daughter who is able to talk about her feelings and her difficulties rather than dealing with them alone. Just how I am going to do that will be a learning curve, as I know you've got to practise what you preach.

So I guess that's where I'll start.

**70%**  
**OF WOMEN**  
**AGED 18 TO 30**  
**DON'T LIKE**  
**THEIR BODIES;**  
**60 PER CENT OF**  
**THOSE IN MIDDLE**  
**AGE REMAIN**  
**DISSATISFIED**

## 5 things you didn't know about eating disorders

**1 in 10**

people with an eating disorder will receive treatment, or seek professional help.

**4 out of 10**

people have either personally experienced an eating disorder, or know someone who has.

**Eating disorders**

are frequently associated with other psychological disorders such as depression, anxiety disorders, substance abuse, and personality disorders.

**Bulimia**

and binge eating disorders tend to run in families. Anorexia is thought to be 56 per cent determined by genetics.

**The highest mortality rate**

of any mental illness is attributed to the category of eating disorders.



**“It started when I was 13. I would play games with myself to see how little I could eat”**

**Jes Body, 28, from New Zealand is a personal trainer and in great shape. However, she has struggled with eating and body issues since she was 13**

I would say every woman has had a disordered eating pattern at some point in their past. This means having complexes about the way you eat and your body and nutrition. My female clients often ask me to help them with their diet and I always ask them to keep food diaries. So I find myself talking to women about food and about their emotions related to food quite regularly.

If we don't talk about it, their issues and complexes can hamper their fitness and body results. I have had experience of this myself so I know that if you don't deal with these issues, they can really mess with your head.

For me it started when I was 13 or 14. I was putting on weight for the first time and, simultaneously, I was going through some pretty heavy emotional family stuff. I felt awkward about my weight gain, so I started doing the Weight Watchers plan with my mum and I took up running. The weight started dropping off... I ate less and ran more. I became very anxious



**ABOVE**  
Jes back in her physique competition days when she says she was obsessed with being in perfect shape

about my eating and my running... I would freak out if I couldn't go for a run one day. I would go out running in any weather, no matter how tired I was. And I would play games with myself to see how little I could eat in one day. I lost a lot of weight and was looking gaunt. My grandmother noticed and asked me not to lose any more weight. In about a year I went from 58kg down to 46kg, and my periods stopped.

My mum took me to the doctor, who asked me to keep a food diary, which I lied in. I was very anxious and I knew I had depression, but I lied about that too.

It carried on through my teenage years. When I was 20, I went to Japan for a few months. I was still very thin and had no muscle and I went to the gym every day.

Back in New Zealand, I started working in a gym, training to be a fitness instructor. I got really into it and realised that nobody would take me seriously as a trainer if I was this little



underweight chick. So I started learning about nutrition and started succumbing to the idea of my body having muscle.

Over the next two years I became passionate about gaining muscle and got into physique competitions. I ate five or six times per day and trained once or twice a day. The first competition I entered was in Paris and I won every category that I entered, which fuelled my competitive streak. I let it consume me and didn't let anything else interfere with it.

When I moved to the UAE, I started training with a highly recommended trainer who was having lots of success with women in the industry. But he didn't seem to understand my body... I relented to his control (against my better judgement), and I started to put on fat rather than muscle.

One month before a big competition we were training for, he dropped me. I pulled out of the competition because I wasn't in good shape and, mentally, I was exhausted. I had worked so hard and had done so well, and now I was at the bottom.

I took myself off to the Maldives for a week to get my head together. While I was there I at first felt anxious about eating the wrong things, or having a glass of wine. But then I decided to let it all go and to start eating and training intuitively... and it worked. The weight came off and I felt more grounded and happy in myself.

I had been through such a horrible experience... you can push yourself to extreme points when you have a fitness, or body weight, goal in mind. But I've learnt that you need to be kind to yourself. If you are ill, it's OK to ease off. If you have had a big weekend, it's not the end of the world.

Would I go back to competitions? No. I think it brought out more disordered eating and training patterns than it solved. I still run, but not as much... and not exclusively.

Running is such an emotional form of fitness because at the end you feel physically, mentally and emotionally spent. If you are emotionally distraught and you go for a run, it clears the mind. But at what point does it turn from being a healthy outlet for your emotions to being an unhealthy obsession?

Another issue for health- or fitness-obsessed people is that if you are not eating enough and you are over-exercising, it wrecks your metabolism, so it becomes easier to put weight on. So whereas if your life was a bit more balanced, you could probably get away with eating a piece of cake every now and then, now you can't.

I can see it a mile away if a woman has disordered eating. I wouldn't always say it's an eating disorder. But it's a disordered approach to eating and training... which sometimes means too much order and control.

Every single one of us has fat phobia in varying levels. At the end of the day, you are the best gauge

## EATING DISORDERS IN CHILDREN

**All three women interviewed for this feature said their eating disorder and body image problems stemmed from childhood issues and insecurities. With this in mind, we set out to find whether eating disorders are commonly triggered in childhood/adolescence and why...**

- 86 per cent of eating-disorder cases start before the age of 20.
- Anorexia is the third most common chronic illness among adolescents.
- The parents, children, and siblings of people with anorexia are 11 times more likely to have anorexia themselves and six times more likely to have disordered eating behaviours. This is likely due to both genes and the modelling of disordered eating behaviours.
- 50 per cent of girls use unhealthy weight-control behaviours, such as skipping meals, fasting, smoking, vomiting and taking laxatives.
- 91 per cent of 16 to 25-year-olds suffering from anorexia, bulimia or overeating said they had been bullied. 46 per cent said

they believed that bullying had contributed to their eating issues.

- 42 per cent of girls in grades one to three want to be thinner.
- In one study, the number-one magic wish for girls aged between 11 and 17 was to "lose weight and keep it off".
- A Harvard University study found that up to two thirds of underweight 12-year-old girls considered themselves to be too fat. By 13, at least 50 per cent of girls are significantly unhappy about their appearance. By 14, focused, specific dissatisfactions have intensified, particularly concerning hips and thighs. By 17, only three out of 10 girls have not been on a diet – and up to eight out of 10 will be unhappy with what they see in the mirror.

## THE AVERAGE WOMAN HAS 13 NEGATIVE BODY THOUGHTS DAILY, WITH SOME WOMEN HAVING UP TO 100

of yourself and your body. Our confidence can be affected by what we see in the media and we can start to believe that the images we see are what we have to strive for.

Because of that, women can get addicted to cardio, which is also destructive and obsessive. If a woman is really into cardio, I would advise her to be careful as it's not a healthy approach to fitness.

I can see now that both phases of my disordered eating life were very extremist. I am very goal-orientated... It was just two different goals and therefore two different modes.

Now I am so much more balanced. I'm not in fear about my body shape changing. I can enjoy myself without being worried about the impact on my body. I learnt from what happened and I made a conscious decision to live a more balanced life and to heal emotionally. Now I make the effort to check in with myself and work out what I need. Do I need a workout, or a stretching session? If I am stressed and hormonal and feeling exhausted, a massive workout will boost cortisol, which I don't need at a time like that. What I probably need instead is a stretching session, or a yoga class or a walk. I listen to my vibe and decide what will be best for my body and mind right then.

I think that was my biggest takeaway from the entire experience... to be more intuitive about what my body needs at any given moment.



# “There’s nothing self-loving about forcing your body to throw up stomach acid. It’s self-hating”

**Teresa Karpinska (aka Style Drifter), 37 from Sweden, is a fashion blogger and stylist who developed bulimic tendencies in adulthood**

I had bulimia from when I was 22 until fairly recently... it ended just over five years ago. I have always been into fitness so I have been skinny at times, and chubbier at others. My weight is hugely related to my emotions... but the bulimia, which came and went, came down to the varying degrees of self-love.

I think it is something that all women go through... to be plus or minus two or three kilos at any one stage of their life. If someone is going through a stressful time, or a break-up, they will probably put on or lose weight. There’s nothing unusual about that side of my journey.

Also, I am quite spiritual and, over the years, I have been systematic about learning how our emotions and bodies are linked. I learnt about healing and insecurity in a scientific manner, and about how my past is linked to who I am. I don’t sit around feeling sorry for myself about stuff... I feel like I have taken my journey of self-discovery and understanding quite far. The only thing that didn’t make sense to me was the bulimia.

I have always had solid levels of self-confidence and self-esteem. I was always happy to be me. So I couldn’t understand why I always ended back in the bulimia zone.

I would sit there thinking, ‘I am so intelligent and I don’t want to lose weight. And I know I am hurting my body... I can taste stomach acid and I know that eventually my teeth will fall out. So why do I feel the need to do this to myself?’

It was strange... I just sometimes felt the need to purge myself – to rid my body of something – even if I hadn’t eaten.

But now, looking back, I can see what happened. I had a tough childhood with an unstable family dynamic. My brother and I suffered a lot of abuse from a young age... we dealt with it in different ways and unfortunately his was to block



out all reminders, so our relationship is fragile now. My way of dealing with it was denial – I pushed it deep down and got on with my life. But when I got married at the age of 26, the emotional issues rose to the surface again. Marriage facilitates similar conditions to childhood family life, which is why I think my childhood stuff came up for me then. Also, I felt like I had a support network behind me so I could open those doors and experience the pain, or have a meltdown. Subconsciously, or consciously, I didn’t face up to my childhood issues when I was solo. I have since got divorced, but getting married opened up the emotional floodgates for me – I felt like I had someone there to catch me if I fell.

My now-ex husband and I started going to couples therapy. After a few sessions, the therapist said she needed to start working with me on my own. I feel that here in the UAE, you get exposed to people who have hard stories, and difficult life experiences – people who’ve grown up in war zones, living away from families and children, so it’s easy to underplay the importance of your own wounds and issues.

And, yes, in comparison with anorexia and people who end up hospitalised because they weigh



less than 40 kilos, throwing up every couple of weeks doesn't seem that severe... you can undermine the significance of it. So the first step for me was admitting that I needed help.

There's nothing self-loving about forcing your body to throw up stomach acid. It's self-hating. If you think about how disgusting throwing up is... you are willing to crouch over a smelly toilet and hurt yourself. You taste stomach acid and bits of food... what message does that send to your body?

I did it sometimes when I was out of the house – in disgusting public toilets and in malls. When my face was submerged in the toilet at a petrol station, or a MacDonald's, every now and then I'd get a glimpse of sanity and realise that there was nothing loving about this image.

It was a long and tedious process to get past bulimia and the symptoms of the turbulent childhood I had. It took me years to deal with it...

My therapist used to say bulimia was my emotional handicap. That when a person has a physical issue, such as diabetes or a gluten intolerance, that they will still have a great and fulfilling life, but that they will learn how to deal with their physical issue and the symptoms as they arise. She said, 'You'll also live a happy and fulfilling life as long as you remember your predispositions and learn how to prepare yourself against them.'

I'm very good now at living with my emotional handicap. When I get warning signs of it building up, I work out what I need. This could be a week of solitude, or a week of getting productive, or a week of making healthy food. When I'm feeling a tad fragile, it's pretty normal for me to turn off my phone, cancel my appointments and sit on the beach for a day. When I feel anxiety, I take the time to work out why and then I sit with it until it's gone. I recognise my triggers and I know where they can lead to.

I have learnt how to say goodbye to friendships and relationships that are negative for me... In some ways the experience has made me selfish. But I have learnt that I need to put myself first. And so that's what I do. **AQ**

**97%**  
**WOMEN ADMITTED  
TO HAVING AT  
LEAST ONE "I  
HATE MY BODY"  
MOMENT A DAY**



### ARE YOU CONCERNED?

Find out more about eating disorders and body image issues on these useful websites.

- For more information about eating disorders: [www.anad.org/](http://www.anad.org/)
- To take an online eating disorder screening test: [www.nationaleatingdisorders.org/online-eating-disorder-screening](http://www.nationaleatingdisorders.org/online-eating-disorder-screening)
- To learn about symptoms, causes,

### and risk factors of eating disorders:

[www.mayoclinic.org/diseases-conditions/eating-disorders/basics/symptoms/con-20033575](http://www.mayoclinic.org/diseases-conditions/eating-disorders/basics/symptoms/con-20033575)

• For warning signs of eating disorders: [www.health.com/health/gallery/0,,20665980,00.html](http://www.health.com/health/gallery/0,,20665980,00.html)

• For general information and support, visit the website of this leading British eating disorder charity, which offers helplines, online support groups and information: [www.b-eat.co.uk/](http://www.b-eat.co.uk/)

*me and my body*

**“I guess I’d say my skintone. I like being bronzed and brown. Everyone looks a bit better with a tan, don’t they? My dad is from the Caribbean so I get it from him.” – Jodie, from the UK**

**MILANA, FROM RUSSIA**

**“I would say my eyes. I like the shape of them. I think they are pretty unique.”**



# *What I love* **ABOUT MY BODY**

**Why is it that we women can berate our bodies from morning till night and struggle to find one nice thing to say about our physical selves? We popped down to Horizon International School and accosted mums on the school run to ask them what they like the most about themselves**



**LEFT: MARIE, FROM BELGIUM**

**“I’d say my legs. They are OK; they are sporty and I would say they are the best part of my body. I’m happy with them and if I get a compliment from someone, it is always about my legs. My dad and my sister also have good legs, so they run in the family.”**

**RIGHT: NINA, FROM FINLAND**

**“I’d say my hair... when I can be bothered to colour it! I like that it’s long and easy to take care of. I just wash it and brush and go. I have a blow-dryer at home but I’ve never used it.”**



**SIGNE, FROM DENMARK**

"MY LONG LEGS. MY GRANDFATHER HAD LEGS UP TO HIS ARMPITS. HE WAS A RUNNER AND TRAINED FOR OUR COUNTRY'S OLYMPIC TEAM IN THE 70S. I THINK I GET THEM FROM HIM."



**"I like my arms... They are strong and toned. I don't cover them up too much."  
– Eleanor, from the UK**



**Steph, from Canada**

"I like my eyes. They are usually quite bright and they adapt to the colour I am wearing and can be anything from grey to turquoise. But I don't want to take my sunglasses off this morning because I'm not wearing any make-up yet!"



**Selina,  
from the UK**

"I like my hair. It went a bit crazy after the pregnancies but now I like the fact that I've got natural bedhead every morning without styling."



#THIGHGAP

# ME, MY SELFIE AND I

With kids more switched on than ever, are we raising a generation riddled with self doubt?



#THINSPIRATION

**93**  
MILLION  
SELFIES ARE  
TAKEN EVERY  
SINGLE DAY  
ON ANDROID  
DEVICES  
ALONE

FACEBOOK, TWITTER, INSTAGRAM, SNAPCHAT, WHATSAPP, VINE, TUMBLR, YOUTUBE. We have never been so connected. By the beginning of 2015, Facebook alone had over 1.44 billion monthly active users – and with smartphones offering a handy portal to the online community, anytime, anywhere, those figures don't look like they'll be shrinking any time soon.

But while most grown-ups will admit to a spot of status-update envy from time to time, 24-7 social media exposure is having a considerably more drastic effect on kids and teens. A recent study from the American University in Washington DC spoke to a cross section of teenage girls about their online habits and body image. Researchers found that increased 'internet appearance exposure' (ie more time spent looking at and posting photos) led to a higher level of weight dissatisfaction, drive for thinness, appearance comparison and self-objectification.

"The changes that come along with puberty often make tweens and teens feel self-conscious and awkward about their bodies," explains Ingrid Pretorius, school counsellor at Greenfield Community School in Dubai. "Tweens and especially teen girls appear to be particularly vulnerable to developing a negative body image. They tend to ignore other abilities and focus on appearance as evidence of worthiness."

"Social media is, inarguably, having an impact on how children and teens view their bodies," says Madeeha Afridi, counselling psychologist at The LightHouse Arabia, who specialises in working with children and adolescents.

"The more media exposure they have, the greater the chance of them being influenced by external sources, which can have a correlation to heightened insecurities. Developmentally,



**'Social media is just another tool for them to express themselves and discover their identity. But I feel that this generation has it thrust in their face by being online all the time'**

youth are going through an exploratory stage where they are discovering their sense of self.

"Youngsters who grew up without social media discovered their sense of self within their immediate social group and their community at large; today's kids have the world at their fingertips via the internet, which can lead to added confusion, pressures, insecurities and doubts, which many are already feeling at this stage."

### SCREEN-AGE ANGST

While those teenage years have never been particularly easy – what with raging hormones, peer pressure, changing relationships and exam stress – today's tweens and teens live in a markedly different world to those born just a decade or two earlier. Social circles, once limited to a network of school friends, the local community and those at the end of a telephone line, have now become global – today's kids have a peer network that spans continents, cultures and creeds, the majority of whom they will »



## parenting

never meet in real life. This has many positives, from breaking down traditional social barriers, to offering an online support system to kids who don't feel like they fit in. But at the same time, it feeds teens' innate need for social approval – validating their self-worth through 'likes' and comments rather than genuine interaction.

"Kids will always experiment with expression, the way they talk, dress and behave," says Anya, mum to a 12-year-old daughter and six-year-old son. "Social media is just another tool for them to express themselves and discover their identity. But I feel that this generation has it thrust in their face by being online all the time. Their aspirations for their online image and popularity are so much wider. The value they place on being 'liked' and the whole YouTube enterprise, not to mention being able to comment and be commented on by complete strangers – I find it terrifying and depressing."

Christine, who has two girls aged 15 and 17, agrees. "I think they do tend to over-scrutinise their own images and they seem obsessed with documenting everything. I probably have a handful of photos from when I was a teenager but they have thousands. Everything is put on Snapchat too, which is very frustrating. On many occasions I find my eldest daughter videoing herself eating, laughing, making stupid faces and sending them to her friends through Snapchat. No one is immune and I'm sure her friends have been subjected to numerous videos of me doing something embarrassing."

### SKewed SELF IMAGE

With statistics released by Google estimating that 93 million selfies are taken every single day on Android devices alone, there's growing pressure to post the perfect picture, with thousands waiting to dissect and critique every last detail.

"Children and teens are placing more emphasis on their physical looks, rather than seeing the value of nurturing intrinsic qualities such as kindness, generosity and compassion," says Madeeha. "There is a sense of competition among youth now to look as flawless as the models in magazines and celebrities on the red carpet."

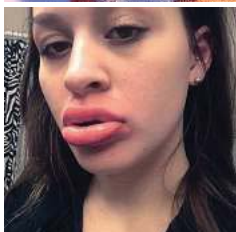
However, from flattering filters to airbrushing in photoshop, nothing is quite as it seems.

"My eldest is studying media for her A-levels, so both of my kids are well aware that images are often manipulated," says Christine. "But I'm not sure they always remember this when comparing themselves with the images they see."

Madeeha cites Kim Kardashian's bestseller, *Selfish*, as the perfect example of the impact of selfies and the pressures on today's youth to appear a certain way. The undisputed queen of the selfie and one of the most searched-for online celebrities, Kardashian and her ilk hold an undeniable sway over the way young people view, judge and show



**35%**  
OF TEENS ARE  
WORRIED ABOUT  
BEING TAGGED IN  
UNATTRACTIVE  
PHOTOS



The Kylie Jenner Challenge saw YouTubers resorting to damaging measures as they tried to emulate the star's plumped-up pout

**'Children and teens are placing more emphasis on their physical looks, rather than seeing the value of nurturing intrinsic qualities such as kindness, generosity and compassion'**

off their bodies in today's society. Social media trends – such as the 'thigh gap', the 'thinspiration' hashtag or even the 'no make-up challenge' – become a unifying badge of honour while vying for likes and positive comments. Not that they can't backfire.

Take the #kyliejennerchallenge, for example, which saw kids take to YouTube as they tried to emulate the star's plumped-up pout. "I dealt with a case where a girl placed her mouth into an empty plastic bottle and squeezed all the air out. She'd seen this on YouTube but she was the only one who attempted it – she wanted to enlarge her lips," recalls Ingrid. "She kept [her mouth inside] for several minutes and the result was very swollen, bruised lips for over a week."

"Selfies can be a sign of low self-esteem," says Elizabeth Kesses, author of *The Ugly Little Girl*. "Photoshopping your image or appearing to be



someone you are not, are all signs of someone who is not happy with themselves.

"Beauty has been defined for far too long as your face and body. Little girls are told they are pretty and boys are strong or smart," says Elizabeth.

"We need to make beauty about more than skin, teeth and hair. We need to shift the focus to girls' talents, passions and skills, whether it's creativity, mindfulness or bravery. Those are the qualities that make her truly unique. Social media can be a forum to celebrate and explore our non-physical attributes and connect with others who share our passions."

The link between a negative body image and low self-esteem is well documented, and the UK's National Health Service reports that the number of teenagers admitted to hospital with eating disorders has nearly doubled over the past three years – with many experts blaming the rise of the selfie. A recent survey, *Children, Teens, Media, and Body Image*, discovered that 35 per cent of teens were worried about being tagged in unattractive photos, 27 per cent felt stressed about how they looked in posted photos, and a further 22 per cent felt bad about themselves if their photos were overlooked.

## A POSITIVE ATTITUDE

As parents of kids and teens exposed to this sort of pressure, is it possible to counteract the negatives? Madeeha believes there is more to it than simply banning one particular site. "In my experience, it's not so much one specific site that impacts kids, rather an accumulation of everything kids are exposed to online, such as chatting, blogging, Facebook, Instagram, Snapchat and more," she says.

"If parents think only one specific social media site is having a negative effect on their child, they need to look at the larger picture."

While attitudes towards body image are enforced from an early age, Christine believes that advocating a healthier lifestyle is always a positive thing. "Girls will always be critical of the way they look, but promoting a healthy diet and plenty of exercise isn't a bad thing," she says. "I am always complimenting my daughters and telling them they are wonderful, but they do know I'm biased, so I hope they believe me."

For Anya, the current obsession with body image is a reflection of a wider issue. "I think as adults, as mums, we also react to what we see and perhaps unwittingly reinforce unhealthy messages and unrealistic aspirations that kids are exposed to," she says. "I see the drivers for unhealthy choices – not just around self image but around behaviour in general – as part of relinquishing responsibility for your happiness, security and decision-making to others. As it always has been, my job as a parent is to teach my kids and show them the tools within themselves to be contributing and independent members of society."



## SETTING LIMITS

"Working with families in my practice, there is a notable difference in the emotional well-being of children and teens with limited access to technology, compared with those who have no rules on media usage," says Madeeha Afridi. "In short, parents have to make the choice to be in charge of rules around technology and media in their home." Before enforcing house rules, be open in communicating to your children why there are specific rules. "The 'I said so' approach isn't the best way to go about it," she adds. "Children are living in a digitally driven society and benefit from having a proper understanding of why parents would want to set such limitations. Including children and teens in such dialogues makes them feel informed and respected."

Afridi offers the following suggestions on setting the ground rules.

- Consider allowing no technology or media in bedrooms, with homework on technology to be completed in a public space such as the kitchen or living room so they aren't distracted by chatting or browsing.
- Personal time for media usage can be a set, limited time frame, which can vary depending on the age of the child. For example, some families have no-digital time during the week, and a monitored one-hour each day of the weekend. For teens, this may be one- to one-and-a-half hours' personal digital time per day.
- For kids with smartphones, some families ask that they are switched off by 8 or 9pm, and placed in the parents' bedroom so they do not have access to the internet at night. This also means they are able to get a better night's sleep and function at their best the following day.
- Consistency pays off. Parents who intentionally enforce rules about technology for their children and teens will find that their efforts and rules do have a positive effect. **AQ**



# How did our relationship with our bodies go so wrong?

Tabitha Barda wonders when it became OK for women to disparage their bodies, and how we can stop passing our negative-body-image legacy on to our children

**WHAT DO YOU LOVE ABOUT YOUR BODY?** When we posed this question to ourselves in the office everyone fell silent for a while. It was surprisingly difficult. “Er... I suppose my height is OK...”; “Umm... my waist is quite small, which is lucky – I’d look awful if it wasn’t.” That was it. That was all we could come up with.

On the other hand, answering what we dislike about our bodies was easy: “Oh! I hate my chunky calves, my too-big feet, my wonky nose, my flabby stomach, my planet-sized bum, my universe-sized hips... the list goes on!”

It was all light-hearted and self-deprecating at first. And then we reflected on our seriously negative self-image and wondered how on earth our relationship with our bodies went so very wrong.

We know it’s not just us. Somewhere along the line, it became socially acceptable for women like us to berate – even hate – our bodies. Diets went from being something only eccentric California-types did to the new normal, and now a person’s ability to emaciate themselves by excluding half the major food groups or following halitosis-inducing liquid detox plans is something to be praised. New mothers in the public eye are admired not for bonding with their babies but for their ability to “snap back” into shape post-pregnancy, and “You’ve lost weight” has become the ultimate compliment. What’s going on?

It’s what a new report by the UK Government Equalities Office calls our “normalisation of pathological attitudes to food and the body”. Eating problems of all kinds are on the rise, says the report, and while obesity is the most visible disorder, the most hidden is the “chaotic eating, which involves individuals who intermittently restrict and binge while obsessing about their bodies, rarely feeling safe around food”.

How perverse is that? As a society we feel ‘unsafe’ around food – the very stuff we need to keep us alive. And even more worrying for those of us who

have or plan to have children is the vital role the mother plays in all of this.

Although we might think the media is to blame for our preoccupation with body shape, it’s actually how these messages manifest in the mother and are passed down to her children that makes the difference, the study claims. “The way [a mother] eats, her attitudes towards health, food and hunger as well as the emotional reasons why she may eat or not eat are all passed on wordlessly to her baby: the positive and the negative.”

Dove’s 2014 Legacy campaign encapsulates this connection in a short film. A group of mothers are asked to write down the physical features they like and don’t like about themselves, and are then shown the same list as written by their pre-teen daughters. The results are striking: one mother’s dislike for her fat thighs becomes her daughter’s perception of her own fat thighs; another mother’s admiration for her strong running legs becomes her daughter’s praise for what her own legs are capable of.

So what can we do to pass on a healthy body image? Child psychologist Dr Leslie Sim, clinical director of the Mayo Clinic’s Eating Disorders programme, advocates a

Zero policy: “Zero talk about dieting, zero talk about your child’s weight, zero talk about your weight and even other people’s weight.”

Also steer clear of talking about food or bodies as if they have intrinsic moral worth, says the UK government study (no references to ‘naughty’ foods for example).

But perhaps, most important of all, we should stop focusing on appearances so much all together. Instead of worrying about whether our children understand that we think they’re beautiful the way they are, we should stop talking about external characteristics full stop, praising effort, skills and kindness, not looks. In a society trapped by its own limited definition of beauty, surely the best things we can pass on are the tools to break out of it. **AQ**

**“EATING PROBLEMS OF ALL KINDS ARE ON THE RISE, AND AS A SOCIETY WE FEEL ‘UNSAFE’ AROUND FOOD – THE VERY STUFF WE NEED TO KEEP US ALIVE”**



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# IT'S OK *not to love* YOUR DAY JOB



'Do what you love, love what you do' seems to be the mantra of the modern-day workplace, but what if your job gives the satisfaction of paying the bills, but not a lot else? That's not only perfectly fine, it may even be advisable, says Angela Boshoff-Hundal...

## THE WORDS "FOLLOW YOUR DREAMS" HAVE BEEN CROPPING UP IN MY LIFE A LOT MORE OFTEN THAN USUAL LATELY.

From Facebook posts to vintage-hued Instagram quotes and tweets with the hashtag #followyourdreams, when it comes to work, it seems the ambitious millennial generation is all about hunting down its childhood aspirations.

My dream has always been to write. When I was nine years old, I snuck my two-year-old niece's toy train set – as well as its rather scary-looking clown passengers – out of my sister's house, strewing them down the front garden's sloping rock face, just so that I could write a story about 'the incident'. As a youngster, my idealistic little heart believed that telling stories was how one changed the world.

That naïve idea – along with the one that I was going to save the planet using my craft – carried through into my time as a journalism student, but after a stint as an intern at a rather posh lifestyle magazine, I realised I wasn't really ready to swap lattes for flak jackets, and a rather comfortable journey into the world of lifestyle writing ensued. Twelve years later and, while I have had to do some pretty atrocious jobs in my life (I once had to pick dog poop up at a garden party), overall I'm pretty lucky that I get to write every day, a fact that was recently pointed out to me by a friend who, at the other end of the spectrum, hates her current job. "It's so cool that you've found your soul's vocation," she said. "You're so lucky to be doing your dream job."

What she said is true – I am lucky to do what I love – but it also made me wonder: when did people start demanding that their jobs fulfil them on an emotional and even spiritual level? When did our work become more than just a straightforward, long-term agreement where one person provides a particular set of skills and a company supplies compensation? And is the 'do what you love' mantra really all that it's made out to be?

Judging by what we're saying to each other – not only on social media but face to face too – today's business environment has become much more than just a place to trade. For many young professionals, careers have taken on something of a spiritual obligation, metamorphosing into entities that we rely on not only to sustain us but also to provide meaning, and even vindicate us. So why all this pressure on our nine-to-five?

## WHEN JOBS DEFINE IDENTITY

Dr Thoraiya Kanafani, clinical psychologist and director of clinical services at Dubai's Human Relations Institute and Clinics, says, "People want their jobs to provide meaning in

their lives because work occupies the majority of their time. A job can help people feel valued and a part of something, which is why it's an important aspect of their self-worth; it makes them feel like someone. Being successful in a job provides a person with proof that they're not a failure."

But if recent stats are anything to go by, when it comes to our jobs a large percentage of us may be feeling just that – a failure. According to a 2013 Gallup survey, there are twice as many 'actively disengaged' workers in the world as there are 'engaged' ones. The study reported that while 13 per cent of workers feel 'engaged' by their jobs (meaning they're enthusiastic about their work, connect with their employer and spend a large portion of their time propelling business forward), 63 per cent are 'not engaged' (meaning they are unhappy, but not drastically so), with the remaining 24 per cent being 'actively disengaged' (which means they hate their jobs, essentially).

Diana Shammaa, counselling psychologist at the German Neuroscience Centre in Dubai, believes that, "Today a job is something of a cultural obligation, which is why it has become the main factor for life's fulfilment. We have anchored the idea that the job we have defines our identity. For example, when meeting a new person, we often start with the question: 'What do you do?' and unconsciously expect a job-related

**"We have this idea that the job we have defines our identity. When meeting a new person we often ask 'what do you do?' and unconsciously expect a work-related answer"**

answer." We've all been there; answering that question when you're in a job you're not particularly proud of can make things awkward pretty fast.

So we know what percentage of the globe's population hate their jobs, but how many of us are actually doing what we've always dreamed of?

According to a 2013 study by social research journal *Social Forces*, only 6 per cent of adults have landed the job they've wanted since they were kids. That may sound like a depressing stat, but when you think about the practicalities needed to live on this planet, it's really not. Consider this: people are complicated creatures. While our need for meaningful relationships is ineffably important, our need for sustenance is even more so. If we want to eat, we need to make money, and to make money most of us need to work. Because we have to prioritise our jobs to survive, we sometimes have to make career decisions that are based on necessity rather than desire, »

choosing a job that will sustain us over one that satisfies us on an emotional or sentimental level.

"Every person possesses multiple selves that require fulfilment," Dr Kanafani explains. "These different selves have different needs, passions and motivations that crave fulfilment to reach a well-rounded life. Depending on their needs, satisfying these selves can be tricky. However, multiple selves are similar in terms of basic needs, which include sleep, food, water, shelter and safety. The satisfaction of these basic needs helps move us on to forging the next steps in our lives, things like relationships, passions, recognition and so on."

With that in mind, if many of us are choosing a job based on its ability to fulfil our basic needs over our sentimental or emotional ones, there are going to be times when we don't like what we do and, according to Diana, that's perfectly OK.

**"Not liking your job is absolutely fine. We should have several pillars in our lives, including family, social life and hobbies. Work is just one of these pillars"**

"Not liking your job is absolutely fine," she says. "We should, essentially, have several pillars or anchors in our lives, including family, social life and hobbies. Work is just one of these pillars, but because many people allocate the majority of their time to it, it's easy to become frustrated or let down when something goes wrong with it because the other balancing support pillars aren't there to keep things in perspective."

### THE MYTH OF LOVING WHAT YOU DO

But how do we convince ourselves that 'not liking your day job is perfectly fine' when our culture perpetuates the notion that we should be doing what we love? After all, the millennial generation has created a society that encourages and admires people who follow their dreams to make a living. The predominant messages the media feeds us are: 'if you do what you love, the money will come' and 'if you're not changing your world in big ways, it's because you're afraid of following your passion'. Most of our role models are successful people who are continually telling us how lucky they are to do what they love and how they 'couldn't imagine doing anything else', so it's easy to feel let down and disappointed when your nine to five isn't exactly what you'd call your dream job, or – even worse – you (secretly) actually don't even really know what your real passion is.

Writer and editor Miya Tokumitsu eloquently critiqued the 'do what you love' idea in an article for *Jacobin* magazine. She said: "There's little doubt that 'Do What You Love' (DWYL) is now the unofficial work mantra



for our time. The problem is that it leads not to salvation, but to the devaluation of actual work, including the very work it pretends to elevate — and more importantly, the dehumanisation of the vast majority of labourers.

“Superficially, DWYL is an uplifting piece of advice, urging us to ponder what it is we most enjoy doing and then turn that activity into a wage-generating enterprise. By keeping us focused on ourselves and our individual happiness, DWYL distracts us from the working conditions of others while validating our own choices and relieving us from obligations to all who labour, whether or not they love it.

“It is the secret handshake of the privileged and a world view that disguises its elitism as noble self-betterment.

“According to this way of thinking, labour is not something one does for compensation, but an act of self-love. If profit doesn’t happen to follow, it is because the worker’s passion and determination were insufficient. Its real achievement is making workers believe their labour serves the self and not the marketplace.”

In June 2005, Steve Jobs took the podium at Stanford Stadium to give his now-famous commencement speech to Stanford’s graduating class. Addressing a crowd of 23,000 with a short talk that drew lessons from his life, about a third of the way into his speech Jobs offered the following advice: “You’ve got to find what you love. The only way to do great work is to love what you do. If you haven’t found it yet, keep looking, and don’t settle.”

That’s all very well, but if you look past Steve’s warm, fuzzy words and delve deeper into the details of how passionate people like him really got started, you begin to realise that “follow your passion” might just be terrible advice. After all, if the long-haired, barefooted student Jobs – who studied Western history and dance, dabbled in Eastern mysticism and dug into free food at his local Hare Krishna temple – had followed his own advice when he was the same age as the students he gave his speech to, he might not have ended up being the CEO of one of the most influential companies of the 21st century and might have opted to become a full-time student or teacher at his local Zen centre instead. As a young student, Jobs wasn’t as passionate about electronics or business as he was later on in his career. In fact, Apple was founded when the enterprising businessman saw a gap in the market and filled it. For Jobs – as for many other successful people who we admire – a big break often comes about because of being in the right place at the right time.

## PASSION DOESN'T HAVE TO BE A DAY JOB

Because most people’s passions tend to lie in areas such as charity work or doing something creative, “turning your passion into a day job may run the risk of not paying the bills, which can be stressful, especially if you have kids”, Dr Kanafani says. “On the other hand, a passionate job can feed self worth and purpose, which in turn reduces stress. The right choice really depends on the person.”

She adds that while it is important to have a passion, it doesn’t necessarily need to feature in your work. “Passions

## HAVE YOUR SAY

**Live to work or work to live? We asked what you think about the ‘Do what you love, love what you do’ mantra...**

“The idea that we should all ‘do what we love’ irritates me because society just wouldn’t work if everyone did a job that doesn’t feel like work because they love it so much.”

– Rachel Martin, engineer, France

“If your job doesn’t feel like work, how do you enjoy the times when you’re not there? I don’t hate my job, and I’m proud of how I help people, but it definitely feels like work.”

– Mary De Souza, nurse, Philippines

“As a teacher, I feel there’s this idea that work is the most important thing, and if you stop being willing to sacrifice everything to it, you’re selling out. Personally, I’m not sure the sacrifices are worth it any more...”

– Alice Wade (name changed), teacher, England

“After trying and failing to get into a ‘dream career’, I settled into a basic office job to pay the bills. I may be a disappointment to all those who thought I should have an amazing career, but at least I have time outside of work to have a life, which I would not have had if one of the ‘dreams’ had worked out.”

– Lucy Coleman, PA, England

can be a complement to work. In fact, some passions are better left as hobbies because at times they run the risk of losing their value when turned into a business.”

So what happens if, like a young Steve Jobs, you don’t quite know what your passion is just yet?

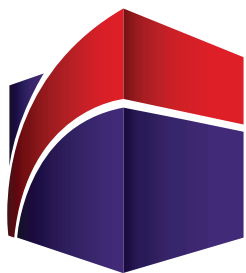
“Self-awareness is one of the most important aspects of a person’s happiness and fulfilment,” Dr Kanafani says. “So if you don’t possess a passion that you know about, it’s better to be aware of that and admit it, because forcing a passion can actually lead to false fulfilment.”

Passion-based or not, while it is acceptable not to like your day job, it shouldn’t be totally unbearable. If you’re stuck in a job you don’t like but you know it’s paying the bills, there are ways you can make it more bearable until you decide whether or not you want to move on.

“While Aristotle believed that we cannot be happy when we are obliged to obtain money, 18th-century’s philosophers believed it was possible to feel fulfilled in a job,” Diana explains. “Passion-based or not, a successful professional life means being able to create a balance between the expectations we have of ourselves – which may include things like being creative or responsible – as well as our security, gaining a stable income and enjoying our freedom.

“While the perfect professional life may not actually exist, you can create one that’s pretty good.”

It all depends on what you need and what you’re after. **AQ**



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**SPLURGE**  
Dh215, Bebe



**STEAL**  
Dh60, Iconic

## STEAL VS SPLURGE

*Bling up a simple summer shift or a plain tee with one of these sparkly statement necklaces.*



# FASHION diary

GROUP FASHION EDITOR LINDSAY JUDGE GIVES US HER PICK OF THE MONTH'S TOP STYLE EVENTS AND LAUNCHES

## WHAT I'M BUYING THIS MONTH

This maxi dress from Koton's Ramadan collection is perfect for the summer wedding I'm going to this month. I'll be pairing it with flat sandals, but you could add a pair of brown or metallic wedges to elevate the glam factor. Dh249



IN STORES NOW  
3 of the best novelty bags



Dh199, River Island

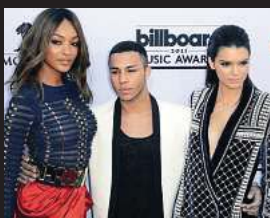
Dh199, Accessorize

Dh75, New Look

## DESIGNER COLLABORATION TO WATCH OUT FOR...

### BALMAIN FOR H&M

In what must be the hottest collaboration of the year so far, high-street giant H&M is joining forces with celeb-fave designer Balmain for a collection that's set to hit Dubai stores later this year. Olivier Rousteing, creative director of Balmain, announced the partnership at the Billboard Music Awards with models-of-the-moment Jourdan Dunn and Kendall Jenner showcasing the first looks from the collection. Available in H&M shops across the UAE from November 2015. Get there early!



## PSST... NEWS ALERT

Ever fancied wearing a couture dress? Designer-24.com offers a huge selection of haute frocks to rent for a fraction of the price of buying one. Choose from designers including Issa and Marchesa, and pay a rental fee to hire it for the night. Affordable luxury! [www.designer-24.com](http://www.designer-24.com).



PHOTO BY GETTY

## GET THE LOOK

Stylish star Jessica Alba looked beautiful in blue during a recent trip to South Korea. You can get her look on a budget by pairing this printed skirt from New Look (Dh129) with this simple denim shirt from Miss Selfridge (Dh189) and finishing with these embellished heels from Steve Madden (Dh420).



## WHERE I'M BROWSING THIS MONTH

[WWW.ISAWITFIRST.NET](http://WWW.ISAWITFIRST.NET)

I Saw It First is the new e-tailer in town set on taking your summer style up a notch. Browse through celebrity-inspired looks, catwalk must-haves and statement swimwear perfect for your next holiday, all at affordable prices for everyone. I know where I'll be spending my next pay cheque! [www.isawitfirst.net](http://www.isawitfirst.net)



# SUMMER TRENDS UNDER DH400

The hottest catwalk looks at high-street prices – in stores now



## NAUTICAL AND NICE

CURATE YOUR OWN CRUISE COLLECTION WITH SAILOR-INSPIRED STRIPES THAT ARE PERFECT FOR THE BEACH

1 T-shirt, Dh99, Mango 2 Jacket, Dh139, F&F 3 Dress, Dh200, Oasis 4 Swimsuit, Dh80, Splash 5 Bag, Dh145, namshi.com 6 Skirt, Dh329, River Island 7 Hat, Dh79, Call it Spring 8 Shoes, Dh260, Marks and Spencer 9 Dress, Dh149, Koton 10 Top, Dh325, Gaudi 11 Shoes, Dh250, asos.com

# BOHEMIAN RHAPSODY

WITH THE SEVENTIES' TREND SET TO CONTINUE INTO AUTUMN, THESE PIECES COULD TURN OUT TO BE A WISE INVESTMENT



1 Scarf, Dh195, Vince Camuto 2 Crop top, Dh90, Splash 3 Trousers, Dh125, New Look 4 Dress, Dh199, Koton 5 Jeans, Dh195, Bershka 6 Wedges, Dh189, Call it Spring 7 Dress, Dh295, Zara 8 Shorts, Dh229, Miss Selfridge 9 Sandals, Dh380, Aldo 10 Hat, Dh180, BCBG 11 Bag, Dh149, Mango

# SUNNY SIDE UP

INJECT SOME NOT-SO-MELLOW YELLOW INTO YOUR HOLIDAY WARDROBE FOR AN EVEN BRIGHTER SUMMER



1 Dress, Dh299, Mango at sivvi.com 2 Bag, Dh240, Aldo Accessories 3 Necklace, Dh350, Vince Camuto 4 Earrings, Dh125, Coast  
5 Dress, Dh295, Marks and Spencer 6 Bikini top, Dh79, and bottoms, Dh59, H&M 7 Shoes, Dh240, Aldo  
8 Sandals, Dh349, Kurt Geiger 9 Shirt, Dh260, Marks and Spencer 10 Bracelet, Dh299, Juicy Couture

# DITSY PRINTS

BE AT YOUR BLOOMING BEST WITH PRETTY VINTAGE PATTERNS AND FABULOUS FLORALS



1 Scarf, Dh235, Vince Camuto 2 Top, Dh395, Bebe 3 Dress, Dh129, F&F 4 Bikini top, Dh26, and bottoms, Dh26, H&M 5 Dress, Dh380, Iconic 6 Heels, Dh380, Aldo 7 Bag, Dh149, Call it Spring 8 Dress, Dh95, New Look 9 Shoes, Dh99, Shoe Mart 10 Dress, Dh295, Zara 11 Ring, Dh199, Juicy Couture

# SAFARI CHIC

COMBINE ANIMAL PRINT WITH CLEAN-CUT KHAKI TO GIVE THIS BREEZY LOW-KEY LOOK A FIERCE EDGE



**1** Scarf, Dh80, Aldo Accessories **2** Jeans, Dh149, F&F **3** Trench, Dh399, Gap **4** Shirt, Dh250, Marks and Spencer **5** Heels, Dh399, Steve Madden  
**6** Shirt dress, Dh149, New Look **7** Belt, Dh149, H&M Studio **8** Sandals, Dh340, Dune **9** Sunglasses, Dh50, Ginger at Namshi.com **10** Hat, Dh79, H&M Studio  
**11** Skirt, Dh220, Miss Selfridge **12** Bag, Dh129, H&M **13** Hat, Dh99, River Island

A vibrant, painterly illustration of various tropical leaves in shades of green, set against a light cream background. The leaves are scattered across the entire page, framing a central text box.

# SUMMER SUNDRESSES SORTED!

STRUGGLING TO FIND THAT  
PERFECT SUMMER DRESS? WE  
SHOW THREE *AQUARIUS* READERS  
HOW TO PICK THE IDEAL STYLE  
FOR THEIR BODY SHAPE

Styling by Lindsay Judge. Photos by Stefan Lindeque

## THE PEAR SHAPE

Pear-shaped women like Rebecca tend to be slim up top but larger on the bottom half, with hips and thighs usually the largest parts. Rebecca loves to wear floral prints and vintage styles, but sometimes struggles to find dress shapes that fit her perfectly.

**“I love the colours and shape of this dress. It fits really well and I don’t feel self-conscious at all”**

Dress, Dh479,  
Miss Selfridge  
Necklace, Dh129,  
River Island



**Rebecca Nicholson,** 32, is originally from Australia and has been in the UAE for eight months, working as an English teacher. She lives in Dubai Marina with her husband and son, Oscar, who is three.

**LOOKING GREAT!**  
WEARING A FIT-AND-FLARE SHAPED DRESS ACCENTUATES REBECCA’S TINY WAIST AND HIDES HER PROBLEM AREAS UNDER THE FULL SKIRT. ADDING A STATEMENT NECKLACE TO ANY DRESS WILL DRAW ATTENTION TO HER UPPER BODY, WHICH IS KEY FOR PEAR-SHAPED WOMEN.

**NOT SO GREAT**  
Pear-shaped women should avoid anything that is tight and fitted around the bottom half of their body. Pieces that have a lighter panel on the bottom won’t work either, nor will shapeless dresses – these will hide their lovely curves.



# THE ATHLETIC SHAPE

Josephine has an athletic body shape, meaning she doesn't have many curves. She loves to wear boho prints and oversized pieces that aren't too tight to her body.

## LOOKING GREAT!

THE STRIPED PRINT AND CUT OF THIS DRESS CREATE CURVES ON JOSEPHINE'S BODY. THE SMALL WAIST AND FULL SKIRT GIVE THE ILLUSION OF BIGGER HIPS, GIVING A FEMININE SILHOUETTE. THE CUT OF THE NECKLINE ALSO CREATES THE IMPRESSION OF A LARGER BUST.

Dress, Dh219, New Look  
Heels, Dh340, Aldo



**Josephine Lejholm,** 38, is an interior decorator and blogger from Sweden. She has been in the UAE for six years and lives in The Springs with her husband and son, Oliver, who is three.

**“I would never wear something this girly usually but I love how it looks!”**

## NOT SO GREAT

While this dress doesn't look bad, an ill-fitting dress will drown the athletic body shape – this one is too structured and has too much material on the upper half for Josephine. The key is to create curves rather than hide what you have. So anything loose or with too much material is going to be unflattering.



## THE HOURGLASS SHAPE

Rebekah has an hourglass body shape, but she tends to hide her gorgeous figure with baggy jumpers, harem pants and kimonos. She also avoids bright colours.

### LOOKING GREAT!

WHILE REBEKAH USUALLY DISGUISES HER FIGURE, THIS DRESS DOES THE OPPOSITE, FLATTERING HER TINY WAIST AND WOMANLY CURVES. IF YOU HAVE AN HOURGLASS FIGURE IT'S IMPORTANT TO ACCENTUATE WHAT YOU HAVE, RATHER THAN HIDE IT.

### NOT SO GREAT

Any dress that is straight up and down will hide an hourglass figure. Shift or oversized dresses are a definite no-no as well as halterneck dresses, which will draw too much attention to the bust area.



**Rebekah Heaney,** 22, is a British-born editorial coordinator for *InsideOut* and has been in the UAE for six months. She lives in Jebel Ali with her parents and sister.

**“This dress was a nice surprise. Considering the style I thought it would highlight all my flaws, but actually it was really comfortable to wear and was certainly more flattering than I expected”**

Dress, Dh650,  
Vince Camuto  
Heels, Dh125,  
New Look

## THE HOURGLASS SHAPE

### LOOKING GREAT!

WHILE THIS DRESS DIDN'T WORK WITH THE ATHLETIC BODY SHAPE, ON THE HOURGLASS FIGURE IT LOOKS STUNNING. THE STRIPES MAKE REBEKAH'S WAIST LOOK EVEN SMALLER, WHILE THE FLARED SKIRT AND CAP SLEEVES PULL ALL THE ATTENTION TOWARDS THE SMALLEST PART OF HER BODY.

Dress, Dh900, Coast

**"I liked the drama of this dress, it felt a little 1950s with the shape of the skirt – it was fun to succumb to something so girly"**



## THE PEAR SHAPE

### LOOKING GREAT!

THIS DRESS IS SUPER-FLATTERING ON REBECCA'S PEAR-SHAPED FIGURE. THE LIGHT MATERIAL MEANS IT DOESN'T CLING TO ANY BODY PART, AND THE LOW-CUT NECKLINE WILL DRAW ATTENTION TO HER UPPER BODY RATHER THAN HER HIPS. THE WATERFALL CUT OF THE DRESS ALSO LENGTHENS HER LEGS.



**“I would definitely wear this dress to a summer wedding. I love the print and the light material is great for the hotter months”**

Dress, Dh1,500, Coast  
Heels, Dh240, Aldo

## THE ATHLETIC SHAPE

### LOOKING GREAT!

THE PLEATS ON THIS FLORAL DRESS CREATE THE ILLUSION OF CURVES, WHILE THE CUT OF THE NECKLINE AND TOP IS VERY FLATTERING AND SHOWS OFF JOSEPHINE'S TONED ARMS. THE ADDITION OF A BELT MAKES HER WAIST LOOK TINY. WEAR THIS WITH HIGH HEELS TO LENGTHEN YOUR LEGS AND VAMP UP THE LADYLIKE MIDI LENGTH.



**“This dress is so girly but I love it! Normally I wouldn’t wear anything this fitted but it’s made me realise that I need to stay away from oversized pieces”**

Dress with belt,  
Dh610, Oasis

Credits  
Hair & make-up  
Emma Gambino

# DRESS YOUR SHAPE

AMP UP YOUR SUMMER-STYLE WITH THESE EASY-TO-WEAR DRESSES

## THE ATHLETIC



Dh295, Marks and Spencer



Dh610, Oasis



Dh1,100, Coast



Dh500, Vince Camuto



Dh785, Bebe

## THE HOURGLASS



Dh179, H&M



Dh425, Marks and Spencer



Dh1,350, BCBG Maz Azria



Dh1,100, Coast



Dh429, River Island

## THE PEAR



Dh623, 2nd Day at Sivvi.com



Dh479, Miss Selfridge



Dh250, Iconic



Dh349, Lipsy



Dh575, Vince Camuto



**RESIDENT BEAUTY  
BUFF SONAM  
BASANTANI SOLVES  
ALL YOUR MAKE-UP  
DILEMMAS**

### FIRST BASE

Still not entirely au fait with foundation? Start by identifying your skin type, as it can make a big difference to how base sits on your face. Oily skins should go for a matte finish and use a liquid-to-powder foundation. Dry skins should opt for creamier foundations to give them hydration, while combination skin should choose a normal liquid base that gives a clean, neutral finish.



**FOR DRY SKIN**  
Bobbi Brown Extra  
Repair Foundation,  
Dh260



**FOR OILY SKIN**  
Giorgio Armani Maestro  
Fusion Make-up,  
Dh305, Harvey Nichols



**FOR NORMAL  
SKIN**  
Make Up For Ever HD  
Foundation, Dh190



THIERRY MUGLER

### THE COVER-UP

Camouflage dark circles and brighten the under-eye area with a concealer that's a shade or two lighter than your foundation. For precision, use a micro beauty blender sponge to really get in the under-eye area.



Beauty Blender Micro,  
Dh70, Sephora



Laura Mercier Mineral  
Illuminating Powder  
in Candlelight, Dh145,  
Bloomingdale's



Clarins Mineral Loose  
Powder, Dh180

# How do I get the right base?

### MEET YOUR PERFECT MATCH

Pick a colour that looks similar to your skin tone, then to test it apply some along your jawline (not the back of your hand) to blend – if it disappears then congratulations: you've just found the perfect shade! If not, try until you do.

### What's the best way to apply foundation?

Brush, sponge or fingers? Marc Jacobs Beauty make-up artist, Gilbert Soliz, says they're all valid, depending on what look you want. "A brush gives an airbrush effect.

A sponge allows you to build and stipple coverage, while fingers give the most natural realistic effect".

### GAME, SET, MATTE

Once you've picked the right base and covered up any imperfections with concealer, it's time to set it in place. For heavier coverage, try a compact powder but for an everyday, breathable finish use a loose powder and dust on lightly all over the face using a brush.

For the eyes, use a lighter shade of powder that matches your concealer or is a hint lighter to highlight and brighten the eye area.

# This August's **AQUARIUS** DIY ISSUE

## **INSPIRATION**

DIY your life with our tips on how to get in touch with your inner creativity. We get decor advice from some of the UAE's coolest street artists, our fashion team shares their self-styling secrets, and be inspired by our practical upcycling tips for your home.

## **BACK TO SCHOOL**

Get set for the new term with our back-to-school guide, including parenting advice from the experts on helping your child reach their full potential, fun ideas for healthy lunch boxes, the latest back-to-school must-haves, and a whole lot more!

## **AQUARIUS BABY**

FREE! With the August issue is the third *Aquarius Baby* of 2015. Look out for our yummy-mummy beauty makeover and expert advice on preparing child number one for their new sibling. PLUS! Our guide to returning to work after maternity leave.





# SUMMER KIND OF GORGEOUS

Think your bikini is the enemy? Call a truce with our top tips to help you get your best beach body yet!

## 1 SCRUB-A-DUB

First things first: make sure you have a clean canvas. Applying a scrub will get the circulation pumping (great for combating cellulite), and if you're using any creams, oils or fake tans, removing surface dead skin cells will allow them to penetrate deeper into the skin. You can DIY your own scrub by taking a cup of sugar and mixing in three tablespoons of honey and your favourite essential oil.

**Skin Nourishing Body Scrub** Dh235,  
Elemis.ae **Bliss Blood Orange and White Pepper Sugar Scrub** Dh167,  
Basharacare.com



## 2 DE-FUZZ

Waxing is our preferred hair removal method as it tugs hair straight from the roots, lasting three to six weeks (look for Cirepil or Lycon wax, which is less painful as it reduces the pull on the surrounding skin). Laser hair removal is effective too, but give it a miss if you're planning to be in the sun soon after as it can lead to pigmentation. If you have to shave then follow these tips for preventing razor rash: exfoliate, then soften skin with baby oil; shave using a four-blade razor and shaving gel; finish with rubbing alcohol to close pores and swipe with a non-scented deodorant stick to prevent razor bumps.



**Soap & Glory Butter Yourself Body Cream** Dh90, Boots  
**Moroccan Rose Otto Bath Oil**, Dh210 (110ml)

### 3 HYDRATE

When the weather is this hot not only should you be increasing your water intake, you should also be upping your moisturising game. Start by turning up the heat of your shower a little to open pores, then apply oil to your skin under running water – the oil gets into the pores and leaves dry skin supple and hydrated. If you find oils too sticky or greasy, opt for a body balm. A balm is heavier than a regular body lotion but lighter in oils, so skin will be smooth but not greasy.



### 4 SCREAM FOR SUNSCREEN

Sun protection should always be top of your beauty regime, but especially during the glare of the summer. Be sure to reapply your SPF throughout the day as these creams do wear off. And remember, nothing gives you 100 per cent protection: instead of choosing the cream with the highest SPF (which doesn't necessarily give you higher protection), opt for a broad-spectrum sunscreen that protects against both UVB and UVA rays.



**Clarins Sun Control Stick SPF 30** Dh155, Harvey Nichols  
**Lancaster Sun Sport Sunscreen SPF20** Dh140, Sephora  
**Original Sprout Face & Body Sunscreen** Dh110, bubsboutique.com

### 5 AT A STRETCH

For stubborn stretch marks we still stand by classic products like Bio-Oil, which has been clinically proven to reduce scars and stretch marks with daily use. By boosting skin's elasticity, it helps skin look fuller and smoother, fading stretch marks, and reducing the possibility of new marks forming. Palmer's Cocoa Butter Formula is another old favourite, which combines cocoa butter with vitamin E, collagen and elastin to plump up and tone skin – and it'll leave you smelling like a scrummy bar of chocolate.



**Palmer's Cocoa Butter Stretch Marks lotion** Dh45, feelunique.com  
**Bio-Oil** Dh45 (60ml), Boots



### 6 FAUX TAN

Nothing makes you look better than glowing bronzed skin, but with the UAE's scorching temperatures, baking yourself in the sun for a tan is neither comfortable nor safe, regardless of how much protection you use. The solution? Fake it. An all-over faux glow brings out muscle definition, creating the illusion of a slimmer frame. We also love that our despised stretch marks are hidden under a layer of glorious sun-kissed colour.



**Xen-Tan** Dh190, Sephora  
**St Tropez Gradual Tan** Dh110, Sister's Beauty Lounge  
**Nuxe Sun Self Tanning Body** Dh124, Bin Sina Pharmacy



### 7 FIGHT CELLULITE

There's nothing like the dreaded orange peel to make you feel less-than-ready for bikini season. The best way to fight cellulite? Dry brushing – do it in an upward circular motion to help stimulate the lymphatic drainage and smoothen skin. Following up with good-quality serums and creams will help facilitate the process and improve results.



**Clarins Body Lift Cellulite Control** Dh280  
**Ren Body Contouring Anti-Cellulite Gel** Dh190, Harvey Nichols



## 8 DAMAGE LIMITATION

If your skin is seeing red after a bit too much sun exposure, an after-sun product will soothe the skin, replenish lost moisture and prevent it from peeling. Try keeping your moisturisers and sun lotions in the fridge so when you apply it, it instantly cools and calms your skin.

**Hawaiian Tropic**  
After Sun crème Dh32,  
Spinneys **Urban Veda**  
Soothing Day Cream  
Dh135, Holland & Barrett

## 9 FRESH SCENT

Instead of spritzing on your favourite fragrances this summer, switch it up with scented dry oil. An oil is stronger in scent and heavier in consistency so it lasts longer on the skin and keeps it moisturised too. If you're not big on applying oil all over, use a tiny bit on your pulse points and let the scent linger.



**Dr Hauschka Rose**  
Body Oil Dh92,  
Basharacare.com **MOR**  
Marshmallow Body Oil  
Dh214, The Nail Spa

## 10 PUT YOUR FOOT IN IT

Can't get to the salon every week? Keep cracked heels and hard skin at bay yourself with the new Clarisonic Pedi Sonic Foot Transformation System – it has everything you need from a pedicure device, even a smoothing brush and balms for the softest feet ever. Or try Foot Rescue from Skin Republic. These little foot booties have an amazing 18-plant-extract formula that cools and gives feet the TLC it needs in just 20 minutes.



**Clarisonic Pedi Sonic Foot**  
Transformation System Dh895,  
Sephora **Skin Republic Foot**  
Rescue Dh25, Boots



**Sachajuan Hair Control**  
Treatment Dh330, Harvey Nichols  
**Lancaster Sun Beauty Hairspray**  
Dh110 **L'Oréal Mythic Oil Serum**  
Dh186, Loft Fifth Avenue Salon

## 11 HOT HEAD

You know you have to protect your skin from the sun, but did you know you should be protecting your hair too? "I always cover my hair at the beach with a scarf," says international hairstylist Nicky Lazou. Go the extra mile and spritz on a hair-protective SPF mist too before you wrap your hair in a stylish scarf. For already dry, damaged tresses, get a pampering sesh in at the Ricci Capricci Salon with their must-try BB treatment for hair – at Dh500, it's worth every penny as you leave the salon with softer-than-ever, glossy hair.

# 3 QUICK-FIX SLIMMING TREATMENTS

THE AQUARIUS TEAM TRIES OUT BODY-SHAPING THERAPIES

## Shrinking Violet Wrap Dh720 per treatment, Rixos Royal Spa, The Palm Jumeirah

If there's an easy way to get fit – I'll take it! And this is an instant inch-loss treatment that actually works (seriously!). Here's how it went: First I undressed and the therapist took my initial measurements, before applying the 'magic' fragrant oil all over my body. I was then wrapped in a special cling film and penguin-walked my way to the bed, where the therapist helped me lie down face-up and tucked me in with a heated blanket. It takes an hour for the wrap to work and in the meantime I had a nice head and foot massage. I was told the inch-loss I'd experience wouldn't be from losing water by sweating, but that the heat would open up my pores, enabling the oil to penetrate all the way to the fat cells,



drawing them up to be excreted through the lymphatic system. The results? I lost 22.5cm all over, with an impressive 4cm at my waist and 5cm on each thigh. Although the difference may not be visible to others, my jeans definitely fitted better the next day, and I felt noticeably slimmer – to optimise results it's advised to repeat the treatment after 72 hours. – SB

## Antioxidant Tea Massage Dh600 for 60 mins or Dh750 for 90 mins, Ahasees Spa, Grand Hyatt

Let's face it – most of us experience bloating of some kind, whether it be from the UAE's extreme heat or AC-induced dehydration. This treatment aims to put an end to all that, banishing the bulge from water retention.

First, I was dry-brushed to increase my circulation, then ginger, cardamom and cinnamon essential oils were rubbed into my whole body to stimulate the kidneys and help remove excess fluid. The massage itself is known as a 'lymphatic drainage technique', and it involves firm pressure being applied in specific areas to open up the lymphatic walls and combat any water logging. Instantly I could feel it doing me good, as if all that pesky water



weight was being kneaded right out of my body! A couple of hours later I smelt beautiful and felt lighter – but that's often the case after a good massage. However, the scales do not lie! I'd weighed myself that morning, and when I weighed myself again after the massage in the afternoon (when I'd usually have put on a bit of weight) I'd lost 1.5kg. – RH

## Cryotherapy, Dh275 per session with reductions on packages. Visit [www.cryo-health.com](http://www.cryo-health.com) for locations.

I love a good spa treatment, but can rarely find the time for them. So when I was told about a cellulite-busting three-minute treatment, I was sold. My therapist explained the treatment, telling me that I would stand in a chamber chilled to -140 degrees Celsius. This extreme chilling, they say, has many benefits – toxins are flushed out of the body, red blood cells are energised with oxygen and nutrients and more blood is pumped to the organs. The knock-ons from this are better injury recovery, boosted skin collagen, increased metabolism and weightloss. I entered the chamber excited about the effects. However, the cold was much more

intense than I expected. The therapist turned the radio on and encouraged me to move. I tried – I really did! – but my skin was prickling and so nine seconds before the end I got out. I couldn't hack it. I have never experienced cold like it but, indeed, I did feel energised. And, having experienced the intensity of the cold, I can well believe the long list of benefits. Will definitely go back for more. – LW AQ



**Caudalie Fluide Vinoperfect** Dh205, Nars Larger Than Life Volumizing Mascara Dh125 **Benefit Benetint Lip and Cheek tint.** Dh150, Sephora

## 12 SHAKE UP THE MAKE-UP

Summer is the time for a make-up switch. Heat and humidity not only make you sweat off your make-up, they also clog your pores. "When it's hot outside (and cold inside!), your pores will be expanding and contracting more than in cooler weather. If you're wearing

a heavy layer of make-up this will contribute towards clogged pores and lead to breakouts," says make-up artist Hannah Lisa. Invest in cosmeceutical products that allow your skin to breathe and combine the benefits of skincare with the coverage of make-up. We are in love with Caudalie's new genius Vinoperfect Radiance Tinted Moisturiser SPF20, which contains a serum to even out skintone and improve the appearance of dark spots, combined with a matte-finish, medium coverage to disguise any flaws! Add on a tinted lip and cheek tint, a swish of mascara and you're done. "If you're worried about coverage, dust a bit of translucent powder over the T-zone, and touch up throughout the day," says Hannah Lisa.



# DESTINATION: *Detox*

No drinking with meals, no talking at the table... Find out what happened when *Aquarius* editor Louisa checked in to an Austrian health retreat for a week of pure eating

**I DON'T KNOW WHAT IT WAS ABOUT TURNING 35. BUT AS SOON AS THE CLOCK CHIMED MIDNIGHT ON THAT FATEFUL DAY, MY BODY BECAME MIDDLE AGED. OR THAT IS HOW IT FELT ANYWAY.** Issues that I previously thought were far off on my foreseeable horizon seemed to rush forward and ambush me as a group. Cellulite. Weight gain. More cellulite. Low energy. Inability to stay fit. Inability to want to stay fit. More weight gain. Was I eating more than I had? Or was it just that my body had given up counteracting my biscuit addiction? It was impossible to know. All that was apparent was that my body wasn't in Kansas anymore – my body was in Oz. And weird unexplainable things were happening. After a

year of total denial, followed by my waging war against nature (through an intense exercise regime that left me slimmer but frankly exhausted), I gave up entirely and bemoaned my fate. Luckily, the universe heard my wails and a solution arrived in the shape of an invitation to spend a week at Viva Mayr – a luxe detox resort in Altaussee, Austria's stunning mountainous lake region in the Alps.

## ENTER VIVA MAYR

A household name in Austria, Viva Mayr is an established and reputable brand in the alternative health industry. People flock from far and wide to spend a few days, or a few weeks, under the watchful gaze and orders of the specially trained

physicians and experts. They claim to be experts in digestive health and general wellness and, from the experience I had there, I would say this claim is true.

I arrived exhausted... not from my journey, but from my life. When you are living life at a hundred miles an hour, it's all too easy to do a bit of a Roadrunner and keep running at full throttle, ignoring the warning signs, until suddenly you run out of steam, look down, and realise you have run clean off the solid road into thin air – and there is nowhere to go but down.

This was me. My body was running on empty. Years of pushing myself to fit three days worth of life into 24 hours – never feeling tired (or perhaps never allowing myself to feel tired), and never slowing down. Finally it took its toll. I felt like I had been flattened by a steamroller.

I slept on the plane over to Austria. I slept in the departure lounge waiting for my connecting flight to Salzburg. I slept on the one-hour flight to Salzburg and I slept in the two-hour car journey to Altaussee. On arrival at Viva Mayr, I gasped and awed at the stunning snow-topped mountains and picture-perfect lake, devoured a delicious lunch of local fresh fish, mashed potato and grilled vegetables and then retired to my room for the afternoon. I slept some more – ready for the start of my intensive detox programme the following morning.

## THE 'HEALTHY ENERGY' TRICK

If I had known that was to be my last full meal for seven days, I may have taken a bit more time over it. However, I had no idea what was in store for me at Viva Mayr. Did I enjoy my week? Yes. Definitely. Were there moments when I wanted to sneak off into the quaint countryside village and find myself a steak and a coffee, or even just a bit of bread and cheese? For sure.

I would be lying if I said there were not moments of despair... when the week seemed like it would never end and like I wouldn't be able to make it through. But the supportive, understanding staff assured us all on day three (when the going really gets tough) as we slopped around in our spa robes and slippers with vacant eyes, like characters from *One Flew Over The Cuckoo's Nest*, that this was completely normal. Day three, they said, was the point where many first-time visitors would start saying they couldn't do it anymore – that they missed home, missed food and that they felt worse than when they had arrived.

However, this, according to the staff, is at the heart of the Viva Mayr process – to break your metabolism down to the point where you have no negative energy left in your body (from caffeine, sugar and general bad nutrition), so they can start building you back up again with healthy energy.

And they were right. By day five we were all running around the lake like we had just been



**TOP** The modern building is located in a gorgeous setting on the shores of Lake Altaussee

given the gift of legs. We were also hiking up hills, swimming laps in the heated indoor saltwater pool, and the early-morning fitness class was suddenly full. Whereas just two days before we had been plotting about how on the last day, after our final consultations, we would bunk off and head to the closest tavern, now we were discussing how we could continue the Viva Mayr programme and way of eating back home in our real lives. The fog had cleared and we felt great – all of us, bar none.

Two months on and I am still feeling the positive effects of the Viva Mayr detox. My energy levels are still good. I understand what foods are good and bad for me and am avoiding the ones that weigh my system and bring my energy down. I eat less refined sugar, drink more water between meals (and not with) and try to be conscientious about chewing my food properly. The Viva Mayr programme is intensive and comprehensive, attending to everything from mental stress and old physical injuries, to overworked organs and digestive issues. It would be impossible to recreate the environment at home (complete with daily nasal inhalations, salt baths, massages, mineral drinks and abdominal massages). However, there are many key pointers that any of us can introduce into our daily lives to make a start towards better digestion and, therefore, better overall health.

## 1. Chew your food

How many times do you chew each mouthful? Probably less than the 40 advised by Viva Mayr. When you start this challenge, it seems almost impossible to chew anything that many times. In fact, often the food in your mouth has completely deteriorated before you hit the 40th chew and there is nothing left of it. This process is of utmost importance, according to the Viva Mayr philosophy. Dr Sepp Fegerl – the young-looking, Colgate-ad-worthy doctor who looked after some of us during our stay and whose vitality was a testament to the success of the programme – drummed into us the importance of chewing, saying, "Once the food



leaves our mouths, we have no conscious control over how well it is digested. The only time we have control is when it is in our mouths. So we must take this opportunity and chew it properly.”

According to Dr Fegerl, when you chew, the glands in your mouth send messages to your stomach telling it what food is on the way and which digestive enzymes it will need to break the food down appropriately. The glands also send messages to your brain informing it of what you are eating... so your brain recognises when it is full more quickly. Additionally, the smaller the food is when it hits the stomach, the better it will be digested. This all makes sense to the logical mind and, indeed, chewing your food well does seem to make a difference. Try it.

## 2. Eat less

It is unbelievable how little you can eat in a day and still feel fine. We get so used to eating far more than we actually physically need – purely out of what Dr Fegerl would call “food lust”.

A typical daily menu for me consisted of the following: for breakfast, two rice cakes, a small boiled egg and a tiny ramekin of some sort of paste (sesame seed, or red pepper, or pumpkin) and a couple of teaspoons of linseed oil (which is surprisingly delicious).

For lunch, the same portion sizes again – I may perhaps swap the egg for a piece of smoked fish or hard cheese (the fish being slightly larger than a matchbox, the cheese being slightly smaller) and perhaps two corn crackers instead of the rice cakes.

At 5pm, I had two mugs of clear vegetable broth, with either two rice cakes, two corn crackers or some small, thin sticks of soft gluten-free, yeast-free soya bread. And that was it until breakfast at 7am.

While I spent the entire week ‘lusting’ over thoughts of pizza, curry and the dream-like cream cakes I had seen at the airport, I actually wasn’t ever very hungry. This limited food intake is unsustainable and could only be tolerated because of the specially formulated mineral salt drinks we were given throughout the day, which satisfy the body’s mineral and nutrient needs and therefore quench the appetite. However, it was interesting to see how little food we actually need.

One visitor I met, a British man in his 60s, went for an entire week just on mineral salt drinks and herbal teas alone while swimming in the lake every day as part of his training to swim from Britain to France. Dr Fegerl says, “Most of us overeat because we stop listening to the little voices inside of us telling us that we have had enough. It needs contemplation and a change in diet to find our way back to healthy ‘bodytalk’. Sometimes insatiable hunger is also based on a deficit of elements a person is not absorbing properly, or is not getting through the diet.”



We get so used to eating far more than we actually physically need – purely out of what Dr Fegerl would call ‘food lust’

## 3. Don’t drink when you eat

At Viva Mayr there are strictly no drinks with meals. You can drink as much as you like between meals, leaving a space of 30 minutes before or after a meal, and you are actively encouraged to drink buckets of water and herbal teas at all times of day, starting off with warm water first thing in the morning. But with meals, drinking is not just frowned upon, it is forbidden. This is because, says Dr Fegerl, the fluid will water down your digestive juices, making them less effective. Also, if you are drinking juice, or soft drinks, or alcohol, or anything other than water, the digestive system will be distracted with processing the harmful elements in the fluid out of your system, thereby paying less attention to digesting your food.

## 4. Rest more

One of the first things Dr Fegerl questioned me on was my downtime. He asked me to write down my schedule of a typical day in my life. Although what I wrote seemed normal, just the process of writing it all down highlighted to me how ridiculous it was. Late night Spinneys visits, five or six hours’ sleep on an average night, non-stop action from waking



## WHY YOU NEED A DETOX

Dr Sepp Fegerl, one of the head doctors at Viva Mayr Altaussee, tells us why it is so hard to live clean at home.

"As a species, we humans are experts at surviving. We have been effective in using all the possibilities available to us to gather and consume food. To be rich has meant having enough to eat. Now almost everyone in the western world is able to consume whatever he wants (or thinks he wants) whenever he wants it. We work long, hard days and we don't have time to rest so we are tired and saying 'no' to a pizza seems like we are missing out. We do not understand that limiting our intake is actually a chance to free ourselves of discomfort and physical stress. It's hard to change habits in your own surroundings. That's why it's easier to start somewhere else. Once you've recognised the benefits of a cure, it's easier to do it at home.

Prices for a single room start at €220 (Dh900) per night. This includes diet consultation and tailor-made menu each day, plus unlimited supply of Viva Mayr mineral salt water, herbal teas and the daily programme.

Visit [www.vivamayr.com](http://www.vivamayr.com)



up until sleeping... "Where is your rest time?" he asked me. At Viva Mayr Altaussee, rest time was scheduled and protected. Despite the fact that we had full programmes of treatments, therapies and consultations, we also had long stretches of free time where we could relax in our rooms (although lying down during the day was discouraged) or chill out in the expansive facilities, or outdoors. Electronics were discouraged, reading encouraged. All around the centre, there are little pockets of calm – cosy corners with blankets, comfy seating areas with views of the mountains. The centre is filled with an atmosphere of calm, which is a perfect antidote to the normal buzzy chaos of our everyday lives.

## 5. Eat right for you

Each visitor to Viva Mayr undergoes a food intolerance test based on muscle testing. This process involves you lying on a bed with one leg raised and bent at the knee while your doctor tips very small amounts of different powders on your tongue and, after each powder, pushes against your foot. You have to try to hold your leg steady against his pressure. From the strength your muscles

**ABOVE** The brand-new Viva Mayr Altaussee well-being centre is pristine and beautifully decorated. With wood throughout and natural colours, you feel like you are experiencing the healing effects of nature even when you are indoors

have, the doctor can tell whether the powder he tipped on your tongue is good for your body or not. Interestingly, many of the foods that came up as being bad for my body are foods that I either didn't like as a child (for example, tomatoes and egg whites), or subconsciously am wary of as an adult (such as bread, potatoes and red meat). Although I was dubious about the muscle testing, the fact that very specific things came up, which I already knew were bad for me, convinced me.

Also, while I haven't stuck rigidly to the diet since leaving Viva Mayr, I definitely notice a difference when I do veer off track and eat something Dr Fegerl advised me against. While it may not be possible to rush out tomorrow and get a food tolerance test done Viva Mayr-style, I would say the take-home from this is that we should listen to our bodies more and trust our instincts. We know the foods that make us want to curl up on the sofa and the ones that make us feel light yet satisfied.

It's simply a matter of respecting our bodies and knowing that the impact of eating food that our body doesn't tolerate well is far greater than a bloated stomach. **AQ**

# HEALTH *news*

WHAT'S NEW IN THE WORLD OF HEALTH, FITNESS AND NUTRITION

## EATING ON THE FLY

Fans of FlyBarre and FlyWheel classes will be pleased to know they can now pick up a healthy meal or snack before or after their workout. FlyWheel Middle East has teamed up with healthy eating movement Wild & The Moon to create a menu of tasty, good-for-you dishes that provide optimum pre- and post-exercise fuel to extend and increase the benefits of your workout. Featuring a range of options such as cold-pressed juices, wraps and salads – packed full of wholesome, ethically sourced plant-based ingredients – the menu is now available at Flywheel's Dubai studios. Prices from Dh20 for crackers and kale chips and juices from Dh25. [dubai.flywheelsports.com](http://dubai.flywheelsports.com)



## BEE GOOD

Much has been made of the health benefits of coconut oil and this one's got to be up there with the best; Lucy Bee's extra-virgin raw coconut oil is fair trade, organic, non-GMO, cold-pressed and preservative-, gluten- and lactose-free, making it suitable for pretty much every dietary and ethical requirement we can think of! The UK-based company prides itself on promoting sustainability too. Lucy Bee's coconut oil, Dh80, is available at the Ripe store, online at [www.ripe.com](http://www.ripe.com) and at the monthly Ripe markets being held at Times Square over the summer. 04 380 7602



## HOLIDAY HEALTH

Off anywhere exotic on your hols this summer? Keep your insides healthy with a new probiotic specially designed for holiday tummy health. Biovine probiotics are easy-to-take tablets that you can start five days before your holiday, giving you the best possible chance of maintaining your digestive health while you're away. Dh99 from leading pharmacies across the UAE. [www.biovine.ae](http://www.biovine.ae)

## CHECK-UP TIME

Use the summer calm to get a full health MOT with this special offer from the DNA Center for Integrative Medicine and Wellness. Have a consultation with a specialist doctor, check food allergies, undergo blood tests to identify a comprehensive range of disorders and assess your body fat, muscle mass and water composition so you can create a customised wellness programme. You'll get all this for the discounted price of Dh2,900, down from Dh6,000, until July 15. [www.dnahealthcorp.com](http://www.dnahealthcorp.com)



## 3 NEW RANGES TO TRY

**1** The **Aduna** range of African products includes moringa, a natural protein-rich multivitamin with plenty of antioxidants, and baobab – a raw superfood rich in vitamin C, calcium and potassium. From Dh65. [www.ripe.com](http://www.ripe.com)



**2** French brand **Eric Favre**, featuring a range of natural, organic food supplements, cosmetics and beauty products, is available at Bellacure Nails in Abu Dhabi. We hear the Push-Up bum-sculpting gel is great! Dh240. 02 658 4100



**3** Packed full of natural antioxidants, the **Amrita Honey** range – with calming, healing properties – is now available in 22 distinct flavours from Blossom & Bloom in Jumeirah's Galleria Mall. Prices start from Dh159. 04 551 6797





## STAY IN CONTROL

Get the most from your workout with the new Hexoskin biometric smart shirt (Dh1,900) available at Adventure HQ. Pop the comfy tank top on and the built-in monitors will feed your vitals – heart rate, respiratory rate and more – to your iPhone, iPad or Android device via Bluetooth, so you can analyse your data on the dashboard and make sure you're in that all-important fat-burning zone. [www.hexoskin.ae](http://www.hexoskin.ae)

# 5 WAYS TO LOSE 5 KILOS



Trainers, Dh475, Adidas

## EXPERT GEAR

Make sure your footwear stands out with the new Adidas Originals Supercolor collection; funky, bright and wearable. Available at leading sports retailers in the UAE.



## SUMMER FITNESS

Looking for inspiration to kick-start your health regime? Pop along to Dubai World Trade Centre for the Dubai Sports World event. Being held until August 29 in collaboration with fitness giants Fitness First and Technogym, the event will offer free access to the enormous state-of-the-art gym as well as payable group classes including spinning and Zumba. If you're dead set on losing weight and getting fit over the summer, you could even sign up for the eight-week programme with Fitness First, which will get you a weekly personal training schedule, exclusive group exercise classes and a host of seminars on weight loss and maintenance. [www.dubaisportsworld.ae](http://www.dubaisportsworld.ae)

## HEALTHY TREATS

RESEARCH SHOWS THAT DENYING YOURSELF TREATS CAN LEAD TO DIET FAILURE\*. TRY THE NEW HEALTHYMOO DESSERTS FOR A GUILT-FREE SWEET FIX; COOKIES, CAKES AND ENERGY BOMBS WE LIKE! [WWW.SUGARMOO.COM](http://WWW.SUGARMOO.COM)

## TAL TRIES... *Speed-fit*

### What is it?

Speed-Fit is a revolutionary 15-minute workout featuring exercise combined with electromyostimulation (EMS), proven to achieve muscle building, body shaping and body stability.

### Tal's take on it

After a welcome energy drink the trainer fastened the electro pads and appropriate wiring to different parts of my body and hooked me up to the EMS machine. We began with the stimulations and electric pulses for 15 minutes with four-second pauses throughout. Although I was standing still in a gentle squat, I could feel my body

putting in the work; my legs, abs and arms were burning and tightening and I was breaking the same sweat I would in a typical high-intensity workout. After the session, the staff made me a delicious protein shake to aid muscle recovery. Recommended twice a week for 15 minutes, Speed-Fit is a must-try for anyone looking to lose weight, gain strength, build muscle and avoid injury.

### Need to know

Prices start at Dh190 for a trial session. Visit [www.speed-fit.ae](http://www.speed-fit.ae).

Taleen is a personal trainer and general health enthusiast. Follow her on Facebook ([taleenfitness](https://www.facebook.com/taleenfitness)) for tips on training, toning, nutrition and burning fat.

Personal trainer Taleen tries out a different class every month for *Aquarius*



# Eat like a NUTRITIONIST

*Inger Houghton is a Dubai-based nutritionist and personal trainer who has nearly 43,000 Instagram users following her posts to find out how she stays in such great shape.*

"I haven't always been interested in fitness. It was when I met my husband, who was doing a personal trainer course at the time, that I understood the real value of healthy living.

"After three years studying nutrition, I did a personal training course too and learned even more about staying in shape. Now I would say I live a healthy lifestyle and, most of the time, exercising and eating healthy is not something I

have to motivate myself to do. It just feels natural. At the same time, I think that even healthy people eat unhealthily every once in a while and, in my opinion, it is an important part of living healthily to be able to enjoy a piece of cheesecake or a doughnut without feeling guilty about it.

"I am currently pregnant so my food preferences and eating habits have changed a bit, but here are some of my typical meals. Usually, when I am not pregnant, I follow an intermittent eating pattern, meaning that I eat my first meal around 1pm and my last around 8pm, and usually only eat two big meals plus one snack per day."

**Age 29**

**Nationality** Norwegian

**Job** Nutritionist and personal trainer at Scandinavian Health & Performance, JLT ([www.shpdubai.com](http://www.shpdubai.com))

**Instagram** @ingerindubai

## INGER'S MUST-HAVES FOR A HEALTHY FRIDGE

- Water
- High-quality protein such as fish fillets, poultry, meat or eggs
- At least five varieties of vegetables
- Healthy fat for cooking, such as coconut oil, or good old-fashioned butter



## INGER'S TOP BREAKFASTS/LUNCHES



**1.** Boiled eggs with tomatoes and mashed avocado



**2.** Protein bread with fried eggs



**3.** Oats cooked with water and egg whites, with nuts, seeds and dried fruit as toppings



**4.** Fried eggs and vegetables



**5.** Fried eggs and berries



**6.** Leftover chicken and salad



**7.** Salad with spinach, quinoa, peppers, red onion, avocado and beef



**8.** A mix of treats from the Organic Foods and Cafe's lunch buffet

## INGER'S FAVOURITE DINNERS

- Grilled salmon with mushy peas and broccoli
- Taco-seasoned minced meat with salad and guacamole
- Homemade pizza with coconut chicken, cashews, sweetcorn, red onion and pesto
- Salad with pan-fried chicken, avocado and feta cheese



**“I think an important part of living healthy is to be able to enjoy a piece of cheesecake or a doughnut every once in a while without feeling guilty...”**

## Inger's five quick food fixes for a healthy meal in a hurry

- 1.** Fried eggs and mushy peas – “I mash the peas with a dash of cooking cream and a pinch of salt and pepper.”
- 2.** Omelette – “I fill it with whatever I can find in the fridge, such as turkey ham, onion and peppers.”
- 3.** Protein bread with fried eggs – “You can find protein bread in some supermarkets.”
- 4.** Porridge made with water and egg whites – “It tastes much better than it sounds! You can barely taste the egg whites, but they increase the nutrient value a lot.”
- 5.** Delivery! – “I call Richy's or So Salad! for a big, filling salad at least once a week. They are life-savers for me!”



## Five things Inger wishes she ate more of

- Fatty fish
- Fish oil supplements – “I recommend all my clients to take these, but somehow I never manage to follow my own advice.”
- Organic meat – “I wish I only ate organic, but it is so convenient to get my groceries from the Carrefour over the road instead.”
- Offal – “This is super-healthy, but does not appeal to me at all. Plus I would have no idea how to prepare it.”
- Bone stock – “Also super-healthy, but it's just something I would never make time in my schedule to prepare.” **AQ**



PHOTOS BY STEFAN LINDEQUE/SHUTTERSTOCK

*food*



# *Lean and delicious*

NOURISH YOUR BODY WITH THESE TASTY CALORIE-COUNTED RECIPES, WHICH ARE LOW IN FAT BUT HIGH IN HEALTH-PROMOTING FRUITS AND VEGETABLES

## Garden crunch salad

Serves 6

**DIETICIANS SAY:** Have at least two vegetables of different colours on your plate. Orange vegetables usually have a high GI (glycaemic index, which increases your blood sugar levels), so combine them with greens.

### Ingredients

#### For the vegetables

- 4 x 250g vegetables of your choice, chopped

**Group 1:** carrots, butternut squash, onions, sweet potato

**Group 2:** asparagus, green beans, red cabbage, cauliflower, broccoli, baby marrows, mushrooms

- 1 tbsp olive oil
- whole garlic bulb
- rosemary and thyme sprigs
- sea salt and black pepper
- a few rocket leaves

#### For the nutty dressing

- 125g almonds, cashews or pecan nuts
- 1 tbsp sunflower seeds, toasted
- pinch salt
- 1 small garlic clove, crushed
- 1 spring onion or ½ chilli, chopped
- 125ml rooibos tea
- 1 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice

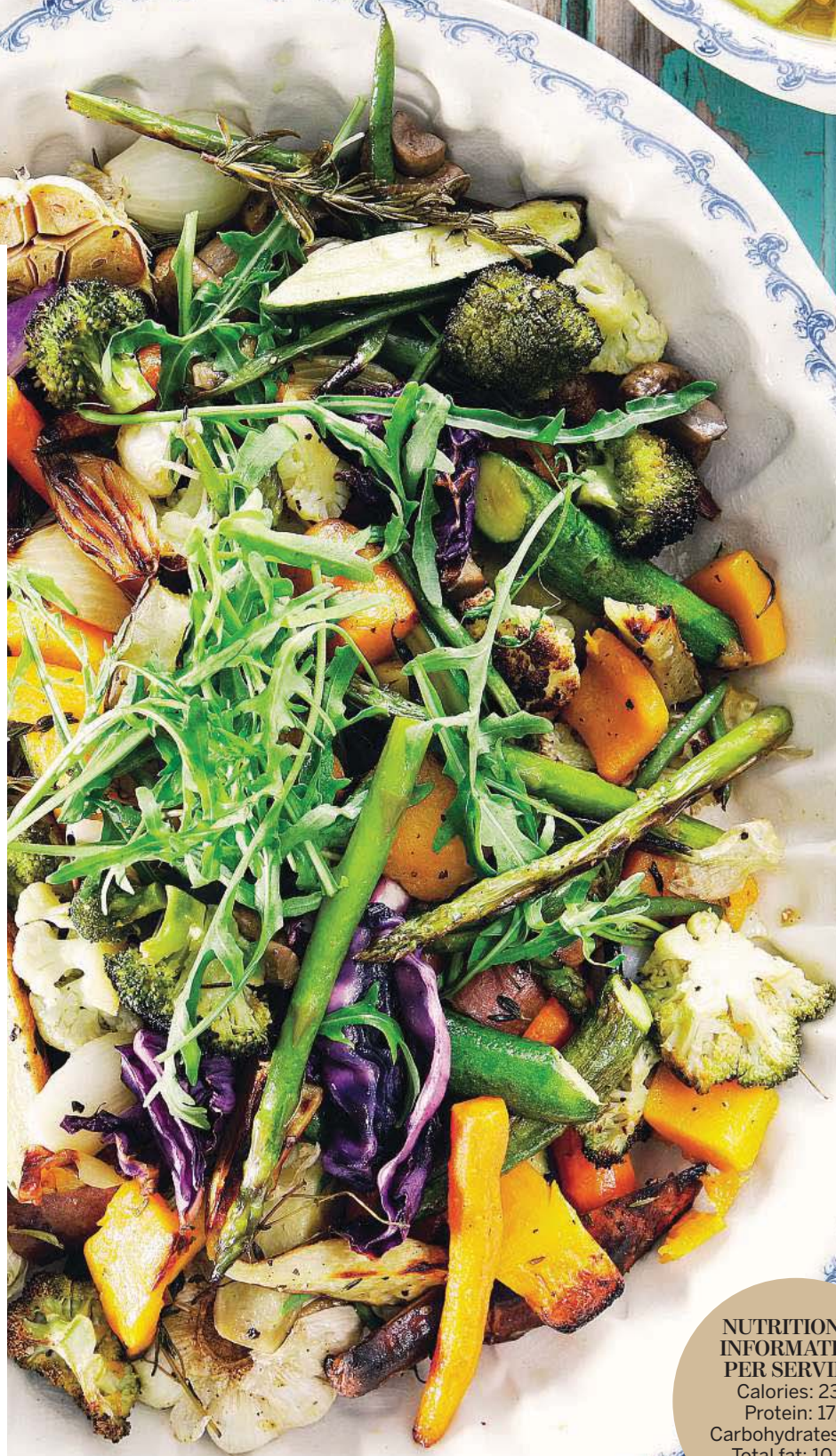
### Method

**1** To cook the vegetables, preheat the oven to 190°C.

**2** Put group 1 vegetables in a single layer in a roasting tin. Sprinkle with the oil and add garlic, herbs, salt and pepper. Roast for 30 minutes, adding group 2 vegetables about halfway through the roasting time.

**3** Arrange the veggies on a platter and top with rocket leaves.

**4** To prepare the dressing, mix all the ingredients. Add to the salad.



### NUTRITIONAL INFORMATION PER SERVING

Calories: 235  
Protein: 17g  
Carbohydrates: 17g  
Total fat: 10.7g  
Total fibre: 6.9g



**NUTRITIONAL  
INFORMATION  
PER SMOOTHIE**  
Calories: 99  
Protein: 2.8g  
Carbohydrates: 19g  
Total fat: 1.4g  
Total fibre: 0.7g

## Thirst quenchers

### FRUIT WATER

**DIETICIANS SAY:** Make sure you drink enough liquid to prevent dehydration and fluid retention. Water is always the best option; steer clear of store-bought flavoured water, which often contains added sugars or sugar-substitutes. Jazz up natural water yourself by adding cucumber or lemon slices, orange slices with cinnamon sticks and mint or strawberries with mint, along with ice cubes.

### FRUIT TEAS

**DIETICIANS SAY:** Rooibos is a great alternative to water as it's a good antioxidant and contains no caffeine. Flavour it by adding lemon, mint or berries.

### SMOOTHIES

#### DIETICIANS SAY:

Smoothies made with a variety of fresh fruit and vegetables and plain yogurt are satisfying and refreshing. These nutritious drinks help

boost your immune system because they're packed with antioxidants. Add a few spoonfuls of oat bran for a more substantial smoothie that will keep you feeling full for longer.

### Red smoothie

#### Makes 2

#### Ingredients

- 250ml freshly squeezed orange juice
- 150ml water
- 175g beetroot and red fruit such as berries
- 80ml plain yogurt
- honey to taste
- a few spoonfuls of oat bran (optional)
- salt (optional)

#### Method

**1** Blitz all the ingredients in a food processor until smooth.



**NUTRITIONAL  
INFORMATION  
PER SERVING**  
Calories: 320  
Protein: 20.4g  
Carbohydrates: 46.9g  
Total fat: 7.3g  
Total fibre: 7g

## Good-start breakfast

**DIETICIANS SAY:** Making an omelette with only one egg yolk and two egg whites reduces its fat content. Mix with veggies instead of cheese and serve with unbuttered low-GI bread or rye bread.

#### Makes 1

#### Ingredients

- Roma tomatoes seasoned with salt, freshly ground black pepper and a pinch of sugar
- 30ml sun-dried tomato pesto
- 1 slice turkey bacon
- 2 eggs (use only 1 yolk)
- 1 tsp oil
- rocket or pea shoots to garnish
- 1 slice low-GI bread or rye bread, toasted

#### Method

**1** Preheat the oven to 180°C.  
**2** Arrange the seasoned tomatoes on a baking sheet and roast for 10-15 minutes or

until the skins begin to burst.

**3** Remove from the oven, add the sun-dried tomato pesto and mix.

**4** Put the turkey bacon on a separate baking sheet and grill until slightly crisp.

**5** Separate the eggs and whisk the egg whites until stiff. Whisk 1 egg yolk and fold in the egg whites. Season.

**6** Heat the oil in a pan and pour in the egg mixture. Fry until the mixture is brown and firm underneath. Turn and cook the other side until done.

**7** Slide the omelette on to a plate, spoon the tomatoes and ham on top and fold over.

**8** Garnish with rocket or pea shoots and serve with toast.

**NUTRITIONAL  
INFORMATION  
PER SERVING**

Calories: 450  
Protein: 58.3g  
Carbohydrates: 16.3g  
Total fat: 14.5g  
Total fibre: 3g

## Fruity fried fish

**DIETICIANS SAY:** Half your plate should contain vegetables and fruit and the other half should be divided equally between low-fat protein and low-GI carbohydrates.

**Serves 4**

**Ingredients**  
**Fruit salsa**

- ¼ cucumber, diced
- ¼ pawpaw, diced
- 1 slice of melon, diced
- 6 rosa tomatoes, diced
- 1 spring onion, chopped
- ½ avocado, diced (optional)

- 30g chopped fresh coriander
- 1 lime or lemon, juice and zest of

**Fish**

- 4 fillets (200g each) of fresh white fish with skin
- 15ml olive oil juice and zest of 1 lime or lemon
- watercress to garnish (optional)

**Method**

- 1** To make the salsa, mix the ingredients and set aside.
- 2** Season the fish with salt and set aside.
- 3** Just before you want to serve heat the oil in a frying pan. Fry

the fish fillets skin side down until brown. Turn and season with the lemon or lime juice and zest.

**4** Cover and steam-fry until the fish is just done: the flesh should be opaque and flake easily with a fork. Season with pepper.

**5** Transfer the fish to a plate, spoon over a little of the pan juices and top with a scoop of salsa.

**6** Garnish with the watercress (if using).

**7** Serve with a low-GI carbohydrate such as brown basmati rice or sweet potato. **AQ**



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# love it

home, food and travel ideas for a good life



## EASY DIY HERB POT

### What you'll need

- 2 small sushi mats
- an empty tin can, cleaned and labels removed
- scissors
- glue gun (with cartridges)

### Method

- 1** Start at any point on the can. Apply a line of glue from top to bottom.
- 2** Place one edge of a mat along the line of the glue and wait for it to dry.
- 3** Repeat these steps, leaving a 2.5cm space between the lines of glue, until the ends of the mats meet and the can is covered completely. Trim off any excess mat with scissors.
- 4** Now you can plant your herbs – you have a rustic piece of decor and a fresh ingredient for your next meal. [AQ](#)



Visit [www.aquarius.ae](http://www.aquarius.ae) for a quick how-to video on this cute DIY herb pot.

*my space*



# THIS MODERN LIFE

Sharon Conneely-Donaldson, creative director of Full Circle Design, blends sleek contemporary style with playful punches of colour and quirky accessories for a down-to-earth take on modern interior design

**I WOULD DESCRIBE MY INTERIORS STYLE AS MODERN, WITH A TOUCH OF PLAYFUL QUIRKINESS.**

I like to think the design of my home is stylish without being pretentious, and it has a good dose of punchiness in terms of bold patterns and fun accents, which suits my sense of humour. It is also created to suit our lifestyle – my husband, Peter, and I like to chill out a lot in our home, whether by reading or watching movies, so I wanted to make sure the design is conducive to relaxation. Our friends find it very welcoming too.

**I have lived in the UAE for 17 years altogether, but Peter and I moved into this two-bed, Arabic-style villa in Jumeirah Village Triangle just over a year ago, last May.** I am an interior designer by profession, so I can work very quickly; I think everything was finished within a week! However, I would still like to add more art to the walls.

**My favourite room in the house is the living room, as it is flooded with light and overlooks the garden.** It is a restful, peaceful atmosphere to retreat to after a busy Dubai day.

**The shops I buy interiors items from are varied – there's no one place in particular that I always go to.** However, I



"I advise people not to be too uptight about design. Homes are to be enjoyed – they can be beautiful, but we shouldn't be precious about them"



- 1 The wool and cashmere throw in the living room is from Avoca Handweavers, which is Ireland's oldest woollen mill, founded in 1723. It is comforting and easy to snuggle under, and the colours add accents to the neutrals, greys and whites in the living room.
- 2 These wedding photos in the dining room evoke memories of a very special day.
3. The wooden ducks were a wedding present, and bring back memories of ducks waddling around on the terrace of the hotel where we got married in Ireland, which was a beautiful boutique hotel of 29 rooms overlooking a lake.



do like to design and customise furniture when possible, as I did with the dining table and bookcase. It means I can get the exact style, size and finish I want.

**I'm inspired by anything and everything, and there's no one artist or designer who I'd say I am influenced by in particular – although I take influences from many different ones.**

If I'm searching for some fresh interiors ideas then I find the websites Houzz and Polyvore, the trend-watching site Scarlet Opus, and *Image Interiors* online magazine all useful resources.

**I love the typographical wall decal in the dining room.** I have an interest in typography, text, literature and the general power of words whether written or verbal. This decal is playful with couples' names, mainly from popular culture. It is from a local company called E-Walls. In our previous Dubai home, I used wallpaper with international city names from Swedish brand Mr Perswall – available from D-ales Dubai. My husband and I love to travel as well.

**I also love the white Italian leather swivel armchair in the master bedroom.** It is my refuge when my sports-mad husband monopolises the TV in the living room. I love to sit in the armchair and lose myself in a good book in a quiet, tranquil environment.

**Interesting art is the one aspect of our home that I want to build on.** But art cannot be rushed! I will probably find something I love on our travels – it will 'speak' to me when I see it.

**The one thing in my home I could live without?** All of it. It is just a collection of things after all – people are more important. As an interior designer and tutor, I advise people not to be too uptight about design in general. Homes are to be enjoyed and lived in – they can be beautiful, but we shouldn't be precious about them. **AQ**



6



**5** I like to relax in the armchair with a book in this corner of the master bedroom – it's my tranquil haven.

**6** This interior design reference book by publishing house Assouline covers the inspirations behind some beautiful and interesting homes, including amazing mood boards. I keep it in the living room and it reminds me why I love interior design so much!



# STEAL HER STYLE

Take inspiration from Sharon's modern-yet-playful style with sleek shapes, graphic patterns, and bold pops of colour



- 1** Sofa, Dh4,190, Indigo Living **2** Dining chair, Dh395, Home Centre **3** Mug, Dh8, Homes R Us **4** Pendant lamp, Dh159, Home Centre **5** Bookshelf, Dh5,090, Indigo Living **6** Cushions, Dh79.99 each, Zara Home **7** Bowl, Dh79, Homes R Us **8** Side table, Dh699, The One **9** Tray, Dh7, Daiso **10** Stool, Dh417, Wysada **11** Lamp, Dh656, Wysada **12** Plant pot, Dh280, Harvest Home

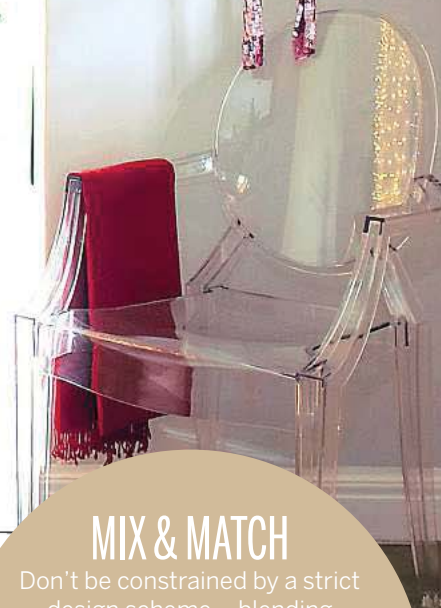
# Get into CHARACTER

Do you wish your home had more personality? Follow our guide to put the style stamp on your space

IN A TRANSIENT MARKET, WHERE MOST OF US RENT OUR APARTMENTS OR VILLAS, IT'S EASY TO MAKE DO WITH THE ANONYMOUS NEUTRAL WALLS AND TILES THEY COME WITH.

But a house doesn't become a home without the people who live in it, and the personality of you and your family as conveyed through your interiors can really speak to your guests, as well as make you feel more settled.

Develop your home's unique tone and give it a voice with our guidelines for getting into character...



## MIX & MATCH

Don't be constrained by a strict design scheme — blending styles and eras will express your individuality. Then add an unusual element that says something about you: this ball-and-claw-foot cupboard has been painted a flamboyant red, which is a sure sign the owners are anything but boring.

### TIP

Take a photograph of the room that needs a new look — you'll be surprised at how different it looks on paper, and how much easier it is to see what works and what needs to be changed.

## SHOW YOUR TRUE COLOURS

Colour says a lot about personality; red, for instance, is associated with energy, passion, love and boldness. Here red is used to create a focus wall, and is also carried through the scatter cushions and bedspread. The flowers wrapped around the bed pay homage to the owner's whimsical nature.



A beautiful evening top on a wooden hanger and an antique mirror above the bed add a playful touch of glamour.



### TIP

Paint a cupboard, chair and wall hangings a crisp white for a refreshed look. The individual styles may differ, but you've united the disparate elements, stamping them with your personality.

## SET YOUR MOOD

Choosing a theme for a room makes it easier to combine different decor elements. If you are fascinated by French culture, choose a French decor style. Or what about an all-white, modern, glamorous or romantic feel? Remember, a monochrome white scheme will create an airy and bright ambience, while a dark room has a more sedate and moody atmosphere.





## TOUCHY FEELY

Texture and pattern are two design elements perfect for character building: you can create a focus point with a set of weathered leather suitcases, or use wallpaper to uplift a bathroom. If you like patterns, incorporate them in your curtains, carpets or tiles. If you prefer earthy textures, go for stone walls, wooden furniture and raw linen for a rustic look. Satin, lace, faux fur and furniture with a high-gloss finish will create a more luxurious feel.

## TIPS

**1** Tempting as it is, try not to waste money buying something for temporary use – instead, save up and get the piece you really want. And don't buy a lot of little things; choose items you need and that make a statement, such as a couch or table.

**2** Get rid of clutter and things you've never liked, including wedding gifts. Start with a room

you use frequently, such as your entertainment area, and decorate it exactly as you want it – and complete it before moving on to the next room. Spend your money on focal points such as a couch, a table and a big cupboard. You can use any chairs around a beautiful dining table, because it will be the focal point. Don't waste money on items of inferior quality.

## THE WRITING ON THE WALL

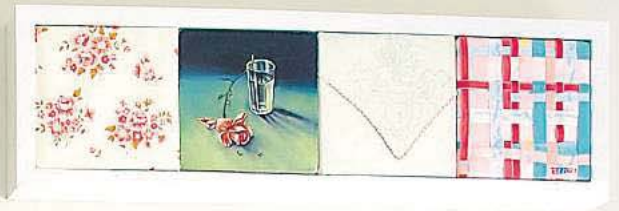
Words, sayings or poems are a playful way of adding personality and it's something you can easily do yourself. These home owners have painted famous quotes on their wall – literally making their mark.



## ART WORKS

Art offers an easy way to convey personality – and you don't have to spend a fortune on original paintings to make a strong statement. Frame anything that grabs your fancy and, for extra impact, include your children's sketches or even your own favourite doodles. The frames you choose for each piece, and where you choose to display them, will add to the effect.





## DARE TO BE DIFFERENT

Old furniture and designs go a long way in creating a unique look because they have oodles of character. If you love antique, vintage and a touch of extravagance, try combining all three for a fun, eclectic feel. **AQ**

### TIP

The porcelain figure and pot reflect individuality. Check out markets, antique and secondhand stores for interesting pieces – or ask grandma for an early heirloom.



# COME TO MY *play date!*

Got a house full of kids to entertain over the summer holidays? Keep them fed and happy with these fun snack and treat ideas that even little ones can help to make



## Quack quack cupcakes

### What you'll need

- 12 cupcakes
- 500ml pale yellow butter icing
- a tub of caramel popcorn, or mini yellow marshmallows, roughly chopped
- 12 large pale yellow marshmallows, plus extra
- 24 orange or red mini Smarties
- tube of black butter icing

### How to

**1** Ice the cupcakes with the yellow icing.

**2** Cover the icing with the popcorn, or mini marshmallows, leaving a space in the centre for the larger marshmallow. Place a marshmallow upright on each cupcake, using more icing if necessary.

**3** Stick two Smarties on to the marshmallow for the beak using icing. Pipe eyes with black icing.

**4** Place the rest of the yellow icing in a piping bag with a thin nozzle and pipe a swirl of icing on each marshmallow.

**5** Serve on a blue or blue-covered tray, alongside extra mini white marshmallow 'bubbles'.



### Duck sarnies

Make cheese sandwiches using white bread and thinly sliced cheese. Use a duck-shaped cookie cutter to cut shapes from the sandwiches. Lightly spread each sandwich with butter and decorate with a tiny amount of blue cake sprinkles.



### Happy bug rolls

Make diagonal cuts halfway through bread rolls (don't cut all the way through). Lightly spread with butter, cheese spread or cream cheese and fill with thin slices of tomato and cheese. Place cream cheese in a piping bag and pipe eyes and a mouth for the happy bug face.



### Fishcakes and fries

Remove the skin and bones from 750g cooked fish and flake. Mix the fish, 250g fresh white breadcrumbs, 1 mashed potato, 1 beaten egg, 125g grated cheese, chopped parsley and salt to taste. Leave to stand for 20 minutes. Heat a small amount of oil. Fry spoonfuls of the mixture (or spoon into fish-shaped cookie cutters) until done. Serve with fries wrapped in paper cones.



### Banana smoothies

Blend sliced bananas, natural yogurt and mango juice until smooth. Pour into small plastic tumblers and decorate with blue cake sprinkles. [AQ](#)

A full-page background image of a tropical beach at sunset. The sky is filled with large, dramatic clouds in shades of orange, yellow, and blue. The sun is low on the horizon, casting a warm glow over the scene. In the foreground, the ocean waves are breaking onto a sandy beach, with the water reflecting the golden light of the sunset. Palm trees are visible on the right side of the image, silhouetted against the bright sky.

*5 of the best...*  
**SUMMER  
BREAKS**

Whether it's a city break in bustling Budapest, a sleepy retreat in sunny Cyprus or an eco-adventure in Jordan, Olivia Cuthbert is brimming with ideas for your perfect getaway this summer

## 1 ENJOY ISLAND LIFE IN THE SEYCHELLES

The charm of this beautiful archipelago is no secret, but did you realise it is only a four-hour flight from Dubai? There are few better places on the planet to embrace relaxation – largely thanks to the abundance of exquisite beaches, where the only sounds are the gentle slosh of azure waters as they lap the shore and the occasional thud as a coconut hits the sand. Traditionally a luxury destination, it's no longer all high prices. A growing number of affordable B&Bs and holiday rentals are opening up the pleasures of these paradise isles to the rest of us – the charming Casa De Leela guesthouse on sleepy La Digue island, for example, offers a delightful slice of tropical bliss in a self-catering bungalow for less than Dh500 per night for two people, see [www.casa-de-leela.bplaced.net/](http://www.casa-de-leela.bplaced.net/)

### NEED TO KNOW

Many hotels offer deals. Check [www.justseychelles.com](http://www.justseychelles.com) for regular accommodation promotions.



## 2 COVERING THE COBBLES IN BUDAPEST

Budapest has the kind of charm that's best appreciated on foot as you wander down narrow cobbled side streets and stroll along tree-lined boulevards, drinking in the sights. The Hungarian city is one of Eastern Europe's great historic capitals and there are plenty of man-made marvels to admire, from majestic churches and ornate palaces to the elegant art nouveau houses that line the streets and spill out into grand squares. Walking tours are a good way to appreciate all this, and some of the best are conducted

by locals who offer an insider's insight into the city. The team at Budapest Underguide runs a series of excursions, including an art nouveau tour that focuses on the city's colourful architectural attractions, while the delicatessen tour explores Budapest's famed cuisine and another route takes in some of the city's best watering holes.

### NEED TO KNOW

Budapest Underguide tours range from around Dh100 to Dh500. A wide array of accommodation options are available in Budapest, from cosy B&Bs to luxurious five-star hotels.



## 3 GET BACK TO NATURE IN JORDAN

Escaping modern life is easier said than done in today's busy world, but as you bump further and further down the track to Feynan Ecolodge, it's clear that this really is in the heart of nature. The rustic retreat sits on the south-western edge of the Dana Biosphere, Jordan's largest nature reserve, and provides a perfect base for walking and biking excursions into this wild and beautiful landscape. An impressive list of awards from international travel organisations testifies to the lodge's success in creating an idyllic rural environment where guests can immerse themselves in the splendour of their surroundings. Run entirely on solar power, Feynan Ecolodge prides itself on using less electricity per day than a two-bedroom apartment in the capital, so don't expect too many mod cons. Instead, look for romance, adventure, relaxation and the kind of peace and quiet you normally only dream of.

### NEED TO KNOW

Rooms at Feynan Ecolodge start from Dh985 for two adults. Packages include activities, such as guided hikes, trips to nearby historic sites, mountain biking and stargazing.



## 4 SLIP AWAY TO SALALAH

It takes less than two hours to fly to Salalah in Oman but the landscape here could not be more different from the UAE. Tree-clad hills rear up over lush valleys where the rivers run through fertile plains and irrigate banana and papaya plantations. The region's culture is as diverse as its geography and visitors can immerse themselves in a panoply of exotic experiences. A three-day trip with Orient Tours takes in the highlights, beginning with a city excursion that

covers the museum, the Sultan's Palace, the frankincense souk – the Dhofar region is famed for its frankincense trees – and the gold souk. The second day follows a frankincense trail through Eastern Dhofar, winding up through the mountains past archaeological sites, historic towns and old port cities before heading across to Western Dhofar in the afternoon to take in the area's natural wonders.

### NEED TO KNOW

From Dh3,355 per person, including flights, two nights' accommodation at the five-star Salalah Marriott Hotel, activities and transfers, [www.orient-tours-uae.com](http://www.orient-tours-uae.com).



## 5 SOAK UP THE SIGHTS IN CYPRUS

It's easy to see why Cyprus has such an enduring appeal. The Mediterranean isle has its own take on the classic sun, sea and sand combination with spellbinding scenery, exquisite cuisine and oodles of interesting cultural sites at which to while away sun-soaked days that aren't spent on the beach. The inevitable sprawling resorts line much of the coastline so those looking to experience the real Cyprus can head inland and book in at one

of the many charming B&Bs in quaint villages dotted around the countryside. Villa Menorah, in Ayia Anna, has everything that guests seeking a serene getaway in a boutique environment could wish for, with gorgeous rooms in a traditional stone building, a flower-filled garden and wonderfully welcoming hosts who serve a mean Mediterranean breakfast.

### NEED TO KNOW

Rooms at Villa Menorah start from Dh200 to Dh440. For bookings contact [villamenorah@cytanet.com.cy](mailto:villamenorah@cytanet.com.cy) or 00357 99 359 951.

## TRAVEL NEWS

### EAT FOR FREE!

Families staying at any of the 16 Millennium & Copthorne hotels and resorts across the Gulf can enjoy two complimentary meals each day at their hotel's all-day-dining restaurant. Running until September 15, this package is valid at any of the three-, four- and five-star properties in UAE, Oman, Qatar and Kuwait. [www.millenniumhotels.ae](http://www.millenniumhotels.ae)

### HIGH SPENDERS

The UAE, Italy and Turkey are the destinations of choice for Mena residents with big budgets. A recent YouGov report found that 14 per cent of luxury travellers from the region head to the UAE for their holidays, while 10 per cent choose Italy and 5 per cent opt for Turkey.



### IN THE SWING OF IT

Abu Dhabi is teeing up for a large-scale campaign to boost its share of the global golf tourism market. The UAE capital plans to target expanding golf markets across Europe, India, China and the GCC with a dedicated new golf portal accessible via [visitabudhabi.ae](http://visitabudhabi.ae) that will offer direct access to an array of golf holiday packages in the emirate.

PHOTOS BY SHUTTERSTOCK



# THE FIVE STARS OF BANGKOK

Bangkok's charm is famously diverse, from awe-inspiring temples to charismatic night markets and all-night Khao San Road parties. But peel back another layer, and you'll find the buzzing city has a luxurious and alternative side too, as Faris Al-Jawad finds out

## CENTRAL EMBASSY MALL

Located in the heart of Bangkok's shopping district, and just a short mosey from Siam Square, this year-old mall takes ultra-luxe shopping to the next level, quite literally. Built on the former grounds of the British Embassy, this futuristic-looking shopping centre is anything but colonial, carving its way dramatically upon Bangkok's skyline with its eight floors of luxury lifestyle shops and a soon-to-be-opened 37-storey Park Hyatt Hotel attached to it.

Inside, a minimalistic design style has been chosen, with white spiralling floors and ceilings that create a calm and infinite effect. Aside from your Guccis and Pradas, on the third and fourth floors are pretty collections of unique contemporary shops with products from local Thai designers.

Those wishing to try authentic Thai cuisine should be sure to pop down to EatThai on the ground floor. With mini food stands emulating street



Central Embassy Mall is built on the former grounds of the British Embassy in the heart of Bangkok's shopping district.

stalls found across the country, this food court offers bona fide Thai dishes; from the classics to rare southern-style curries. Perfect for those who want a taste of real Thai grub without the hassle, hustle and bustle of street food stalls.



What's particularly interesting about this area of Bangkok is the juxtaposition of luxury malls and the rustic Thai markets that fill the streets. You can enter Central Embassy to browse high-end brands, then step outside, grab a drink from a 7-Eleven, and walk along an endless array of buzzing night-market stalls that line the bustling Phloen Chit street. It's a symbolic contrast that is representative of Bangkok's ability to constantly develop and move forward, without losing sight of its cultural grassroots.

[www.centralembassy.com](http://www.centralembassy.com)

## ART AND CULTURAL CENTRE

A short stroll from Central Embassy along Phloen Chit street is the Bangkok Art and Culture Centre (BACC). Located just opposite Siam Square, this hip creative centre is a breath of fresh air away from the bustling streets and high-end malls that line the area.

On entering, you're met with a choice of charming cafés. Stepping into one, with trendy students sipping organic tea at the bar and hippy tracks from The Beatles playing softly in the background, it almost feels like you've slipped into a Murakami novel.

Up on the third floor are a number of indie fashion stores selling products from local designers, including quirky handmade jewellery and smart leather accessories. Head one floor up and you'll find an inviting bookshop where you can nestle into a sofa and get lost for a few hours.

The highlight, however, is on the top floor, where regular exhibitions of contemporary Thai art are displayed. An eclectic mix of artwork is shown here with both a fascinating insight into modern Thai culture as well as guest exhibitions from South-East Asia to America, depending on when you visit.

[en.bacc.or.th](http://en.bacc.or.th)

TOP: The Sky Bar was featured in *The Hangover II*. BELOW: The Jam Factory is a hip restaurant/art gallery



the restaurant with natural light, is reminiscent of trendy hangouts in London's Shoreditch. But with authentic and upscale Thai cuisine on offer from chefs preparing dishes from scratch in the open kitchen, you'll feel pretty far from London's East End, and Dubai for that matter.

Outside, the tranquil garden and riverside deck are a perfect place to kick back and soak up the Thai vibe while the giant, docile Bodhi trees hang serenely overhead. Behind the restaurant, the gallery showcases modern and innovative artists from all over Asia, while the Factory's shop offers trendy garments from Thai designers.

This funky little hideaway is something new and exciting for Bangkok, and with regular farmers' markets, live music and original exhibitions, it is well worth the pretty and memorable jaunt over the river to get to it.

## CENTARA GRAND HOTEL

Almost exactly midway between Central Embassy and the Bangkok Art and Culture Centre on Phloen Chit street is the deluxe Centara Grand Hotel, which

towers over the Siam shopping district like a great-white shark out of water with jaws locked open. Inside, the five-star hotel rooms offer stunning views of Bangkok with floor-to-ceiling windows that look out over the multi-layered buzzing city. In addition to the award-winning spa and lavish outdoor swimming pool, the hotel rooftop bar, Red Sky, offers breathtaking and tremor-inducing views of the city.

[www.centarahotelsresorts.com/centaragrand/cgcw](http://www.centarahotelsresorts.com/centaragrand/cgcw)

## THE JAM FACTORY

For a touch of something fresh, trendy, and off the beaten track, Bangkok explorers should take a boat over the Chao Phraya river to The Jam Factory. Located on the other side of the Chao Phraya, and a short walk from the Hilton hotel, this chic little hipster hangout was converted from a factory warehouse to an urban restaurant/art gallery by star architect Duangrit Bunnag, who opened the Factory in December last year.

Bunnag's distinctive linear style, as well as his ability to incorporate the outside environment into his work, makes this contemporary urban-meets-country den a truly delightful place to chillax, with wide green spaces juxtaposed against the rough, crude lines of the Factory's huts.

A highlight is the open-spaced restaurant The Never Ending Summer. Its rustic and industrial-style design inside, with tall, wooden beams, bare-bricked walls, and high ceiling windows that flood

The Art and Culture Centre hosts an eclectic mix of artwork



Centara Grand Hotel offers stunning views of Bangkok through floor-to-ceiling windows



## SKY BAR AT LEBUA

A short cab ride from Phloen Chit street is the idyllic Sky Bar at Lebua, a rooftop bar in the heart of Bangkok that boasts arguably the best views the city has to offer. Stepping out on to the expansive terrace, the opulent decor and gorgeous layout are initially blindsided by the unforgettable views of the Chao Phraya river and city skyline beyond.

The bar was made even more popular after featuring in the comedy *The Hangover II*, showing off Lebua's dramatic vistas of South-East Asia's most iconic city.

Walking down the roman-style steps, you reach the circular bar, which hangs over the edge of the hotel, jutting out over the city like a cliff edge. Looking back at the golden dome-like peak of the hotel, you can't help but feel like you're in the coolest place in the city. [www.lebua.com/sky-bar/AQ](http://www.lebua.com/sky-bar/AQ)

# AQUARIUS directory

Make the most of your month with the *Aquarius* Directory, your essential guide to looking and feeling great. From the best spas and clinics to treats for you and fun for the family... it's all here!

**MEDICAL | FITNESS | LIFESTYLE | SPA**



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## STRETCH MARKS CARE OIL

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# What do men think about our body issues?

AN ANONYMOUS MALE SPILLS THE BEANS ON WHAT GUYS REALLY THINK ABOUT WOMEN'S BODY PARANOIA...

**AAH, FEMALE BODY ISSUES – THERE ARE FEW SUBJECTS MYSELF AND MY FRIENDS HAVE TALKED ABOUT LESS.** In truth, men don't really care about how women view themselves, which may be part of the problem when it comes to male-female relationships.

When we first meet a girl we like, we don't really focus on the imperfections; we are too blinded by love, or at least lust. As time goes by, and a relationship moves from 'new and exciting' to 'going through the motions', we care even less. If beauty fades as we grow familiar, then so do the imperfections; which is just as well.

As men get older, their requirements from a relationship change – in our twenties we all want the hottest girl (or at least hotter than our friends have got), but as we move into our thirties and beyond, we want something more – we want intelligence and humour; we want someone who gets us, and puts up with our foibles. The common thread through this ageing process is that it's all about us. This may be a blessing in disguise however, as even though we may enjoy looking at unattainable women, we have no interest in, well, attaining them.

The thought of marrying, say, a Victoria's Secret model, may initially seem appealing, but does any 35-year-old man want to lie down next to someone with a six-pack, or whose idea of a roast involves kale and tofu? No, we want to grow old shambolically, and not be constantly worrying that our other half can bench press more than we can.

The whole point of growing old is that we worry less about how we look,

and more about how we spend our time. A woman who constantly focuses on how she looks may turn her gaze to us, and that is something no man wants.

So what advice can I, as a somewhat functioning male, give to women who are worried about how they look? Well, I never met an attractive woman who was missing one thing: confidence.

One girl I had a brief relationship with more than 10 years ago had shaved her head and used to wear a single golf glove (on her left hand) when she went out

– she would make a beeline for the bar, order a drink and pull out a Cohiba cigar. She clearly didn't care what others thought, and was incredibly attractive because of that. Now I am not suggesting that women should sport bizarre hairstyles or smoke cigars, but the point is she was different and she embraced that difference.

The other issue is that no matter how many bodypump classes or dermabrasions you undertake, you are still going to slowly disintegrate; you will end up a bag of bones and skin, before eventually dying. Fighting it is ridiculous, and tying your self-esteem to your reflection is a one-way street to unhappiness.

We are all ageing together, and the brief time we spend on this planet can be spent in a more productive manner than caring about how we look – ultimately we men don't really give it much thought.

So for once, let the average male's self-absorption be of comfort; we have far more important things to think about, like the new season of *True Detective*. **AQ**

**“THE IDEA OF MARRYING A VICTORIA'S SECRET MODEL MAY SEEM APPEALING, BUT WHAT 35-YEAR-OLD MAN WANTS TO LIE NEXT TO SOMEONE WITH A SIX-PACK?”**



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